

**FITNESS
A_{TO}Z**



**OUTDOOR
RECREATION**

COMPETITIONS



50+ SPORTS & FITNESS CATALOG

November 2011 – November 2012

ARE YOU
FIT FOR
LIFE?



Stay active with us.

**With more than 100 fitness
activities, you'll find the
perfect way to serve your time.**

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www.cabq.gov/seniors

Citizen Contact Center 311



CITY OF ALBUQUERQUE

DEPARTMENT OF

Mayor Richard J. Berry



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS

Jorja Armijo-Brasher, Director DSA



Get Fit for Life!



Dear Friends,

"Fit has a Feeling!"—Propel Fitness Water, that slogan has really stuck with me because I believe it's true. There is a feeling that comes with consistent exercise. While you may not be able to put your finger on it, it's there.

The theme of this year's catalog is "Fitness for Life." The 50+ Sports & Fitness Program invites you to get involved in one or more of the many activities they offer. Get fit for your health. Get fit for life!

Research has proven that regular exercise and staying physically active can help prevent and/or delay many diseases and disabilities. Exercise also helps

Fall 2011

older adults improve the four areas that are important for staying healthy and independent: strength, balance, flexibility, and endurance. The good news is....whatever your age, it's never too late to improve your health.

So look through this catalog, find an activity that interests you, and "Get Fit for Life."

Mayor Richard J. Berry
City of Albuquerque



City of Albuquerque
Richard J. Berry, Mayor

The 50+ Sports & Fitness Program is operated by the City of Albuquerque, Department of Senior Affairs, Recreation Division; with partial funding from the Area Agency on Aging. The 50+ Sports & Fitness Program headquarters is located at the Palo Duro 50+ Sports & Fitness Center at 3351 Monroe NE. The program designs and implements activities to keep adults aged 50+, active and healthy.

Inquiries may be directed to Karen Baker, Program Supervisor, at (505) 880-2800 or kbaker@cabq.gov

Jorja Armijo-Brasher,
Director, Department of Senior Affairs

April B. Jojola, Recreation Division Manager

Department of Senior Affairs Advisory Council

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Mary Martinez, Vice Chairman
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Dist. 4Brad Winter
Dist. 5Dan Lewis
Dist. 6Rey Garduño
Dist. 7Michael Cook
Dist. 8Trudy Jones, Vice President
Dist. 9Don Harris



Dear Friends,

Once you begin participating in a consistent exercise program you will begin to feel the life-changing benefits of exercise. They include the feeling of satisfaction, lowering blood pressure and blood sugar, reducing or eliminating the need for prescription drugs, building muscle mass, sleeping better and the lists goes on and on!

The Department of Senior Affairs invites you to become involved in activities that are fun, sometimes challenging and beneficial. You could choose to cross country ski, take a Yoga class, group weight train, learn to play Pickleball or choose from a wide variety of exercise classes and sporting opportunities.

Fall 2011

Never exercised before or have a chronic disease? Join the "My CD" program which was developed by Stanford University to help you gain self-confidence in managing your symptoms (see page 24).

No matter what your interests, our 50+ Sports & Fitness Program has an fitness opportunity for you! Call our office at 880-2800, or if you have questions about our other services, call the Senior Information Line at, 764-6400.

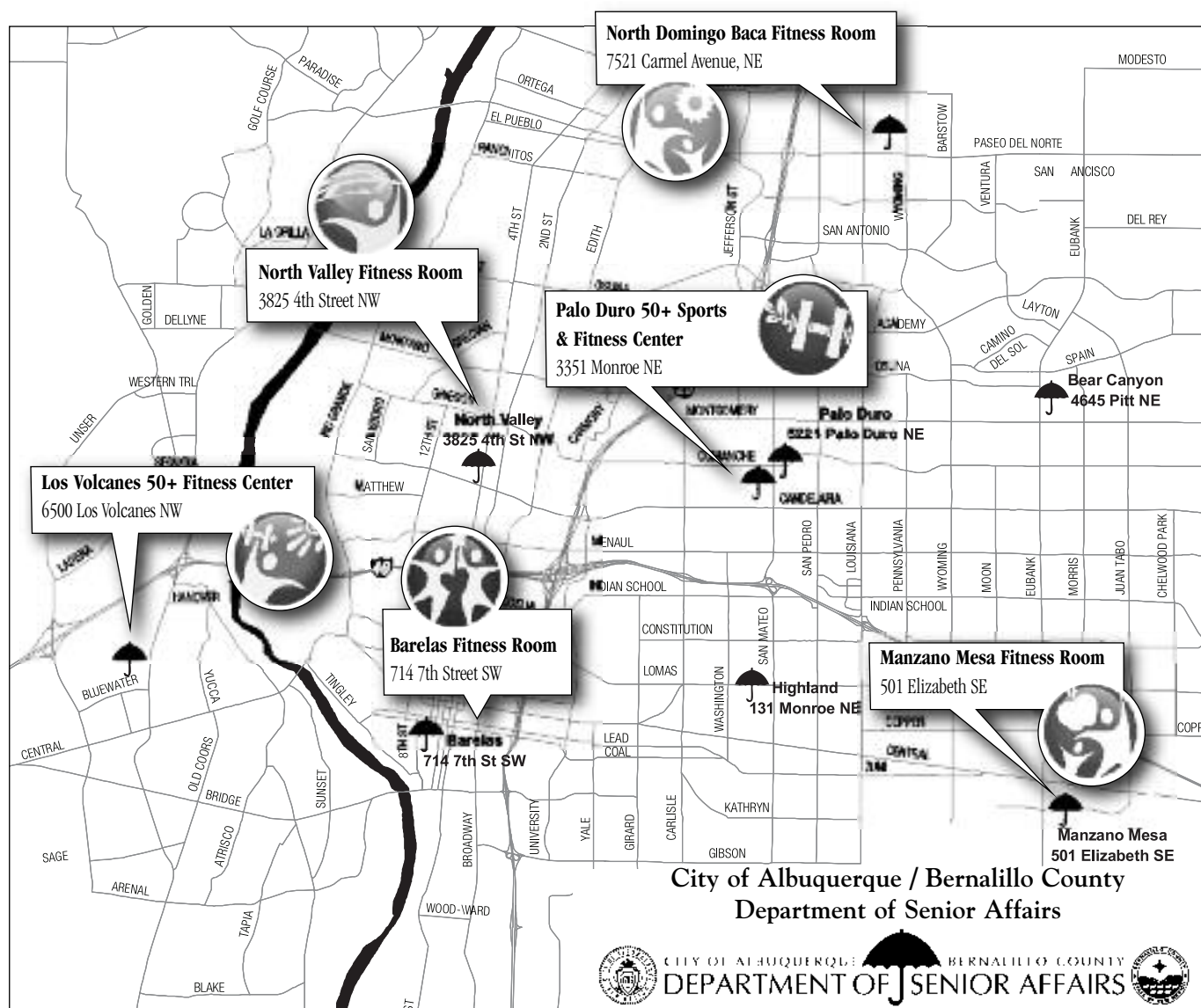
Get fit for life,

Jorja Armijo-Brasher, Director
Department of Senior Affairs
City of Albuquerque



Center memberships are only \$13 a year!

Membership offers fitness programs, as well as classes, travel, meals, computer labs, volunteer opportunities, competitive sports events, and much more at 6 Centers, 2 Fitness Centers, 2 Multigenerational Centers,



Centers

Barelas

714 7th St. SW, Alb., NM 87102
Linda Jackson, Manager
Antoinette Sigala, Programmer
Phone: 764-6436 • Fax: 764-6472
Mon.–Fri., 8:00 am–5:00 pm

Bear Canyon

4645 Pitt NE, Alb., NM 87111
Cassandra Vigil, Manager
TBA, Programmer
Phone: 291-6211 • Fax: 291-6237
<http://home.comcast.net/bearcanyonseniorcenter/index.htm>
Mon.–Fri., 8:00 am–5:00 pm
Thursday, 8:00 am–9:30 pm
Saturday, 9:00 am–3:00 pm

Highland

131 Monroe NE, Alb., NM 87108
Toni Chumash, Manager
Tina Jenkins, Programmer
Phone: 256-2000 • Fax: 256-2004
Mon.–Fri., 8:00 am–5:00 pm
Wednesday, 8:00 am–7:00 pm
Saturday, 10:00 am–4:00 pm

Los Volcanes

6500 Los Volcanes NW
Albuquerque, NM 87121
Gladie Peltomaki, Manager
Maria Aguero, Programmer
Phone: 836-8745 • Fax: 836-8749
Mon.–Fri., 8:00 am–5:00 pm
Thursday, 8:00 am–7:00 pm
Saturday, 9:00 am–1:00 pm

Manzano Mesa Multigenerational Center

501 Elizabeth SE
Albuquerque, NM 87123
Cristin Chavez-Smith, Manager
Patty Gutierrez, Center Supervisor
Angelina Poulin, Youth Programmer
Phone: 275-8731 • Fax: 275-8734
Mon.–Fri., 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

North Domingo Baca Multigenerational Center

7521 Carmel Ave. NE, Alb., NM 87113
James Mader, Manager
Berlinda Padilla, Center Supervisor
Natasha Montoya, Youth Programmer
Phone: 764-6475
Mon.–Fri., 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

North Valley

3825 Fourth St. NW, Alb., NM 87107
Ed Nuñez, Manager
Sandra Lucero, Programmer
Phone: 761-4025 • Fax: 761-4031
Mon.–Fri., 8:00 am–5:00 pm
Tuesday, 8:00 am–9:00 pm
Sunday, 12:45–4:30 pm

Palo Duro

5221 Palo Duro NE, Alb., NM 87110
Leeann Torres, Manager
Julianna Brooks, Programmer
Phone: 888-8102 • Fax: 888-8107
Mon.–Fri., 8:00 am–5:00 pm
Wednesday, 8:00 am–7:00 pm
Saturday, 9:00 am–1:00 pm

**50+ Sports
and Fitness Office**
880-2800



Email: fitoverfifty@cabq.gov

Facebook [fitoverfiftyalbq](https://www.facebook.com/fitoverfiftyalbq)

Fitness Facilities

Managers:

Karen Baker, Program Supervisor,
kbaker@cabq.gov

Melissa Pochiro, Health & Fitness
Specialist, mpochiro@cabq.gov

Susan Rice, Health & Wellness Specialist,
asrice@cabq.gov

Dominic Saavedra, Health & Wellness
Specialist, dsaavedra@cabq.gov

David Salazar, Fitness Room Manager,
dsalazar@cabq.gov

Palo Duro

50+ Sports & Fitness Center

3351 Monroe NE, Alb., NM 87110
Phone: 880-2800 • Fax: 883-9362
Mon.–Fri., 7:00 am–7:00 pm
Saturday, 8:00 am–2:00 pm

Los Volcanes

50+ Sports & Fitness Center

6500 Los Volcanes NW, Alb., NM 87121
Phone: 839-3710 • Fax: 839-9466
Mon.–Fri., 7:00 am–7:00 pm
Saturday, 8:00 am–2:00 pm

Manzano Mesa Multigenerational Center Fitness Room

501 Elizabeth SE, Alb., NM 87123
Phone: 275-8731 • Fax: 275-8734
Mon.–Fri., 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

North Domingo Baca Multigenerational Center Fitness Room

7521 Carmel Ave. NE, Alb., NM 87113
Phone: 764-6496
Mon.–Fri., 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

North Valley Fitness Room

3825 Fourth St. NW, Alb., NM 87107
Phone: 761-4025 • Fax: 761-4031
Mon.–Fri., 8:00 am–5:00 pm
Tuesday, 8:00 am–9:00 pm
Sunday, 12:45–4:30 pm

Barelas Fitness Room

714 7th St. SW, Alb., NM 87102
Phone: 764-6436 • Fax: 764-6472
Mon.–Fri., 8:00 am–5:00 pm
Saturday, 9:00 am–3:00 pm

From Karen Baker, 50+ Sports & Fitness Program Supervisor



Dear Friends,

Looking back over the past year and the goals I set for myself, and accomplished, makes me think of what I want to achieve this year. Now that I am on the “down” side of 50 I find myself working out harder, than I have in the past, at staying fit and healthy, and enjoying it even more. None of this came about without my deliberate choice to make healthier lifestyle decisions. My goal is to be “the best that I can be” so that I can be “Fit for Life.” I hope you join me in this journey.

Sincerely,

Karen Baker

Karen Baker

50+ Sports & Fitness Supervisor

Email: fitoverfifty@cabq.gov

Facebook [fitoverfiftyalbq](https://www.facebook.com/fitoverfiftyalbq)



**Are you
Fit for
Life?
Let us
help.**



The 50+ Sports & Fitness Program provides opportunities to learn safe, effective and fun ways to exercise.

50+ Sports and Fitness Program Mission

Our goal is to promote a healthy lifestyle and help maintain independence in the later years of life. The 50+ Sports & Fitness Program is to offer a broad range of physical education and recreational activities designed to enhance the quality of life of older adults.

Department of Senior Affairs

Our Vision

To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

Our Mission

Provide opportunities that involve and assist seniors to achieve their potential, live in dignity and share their wisdom.

The City of Albuquerque, Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for more than thirty years. Through innovative programs and quality services, we have evolved into an exemplary model, dedicated to enriching the lives of seniors. The services and opportunities listed in this catalog are especially designed for 50+ clients. Many of our programs have a minimum age requirement of 50 years to participate. Other programs, including Home-Delivered Meals, Transportation, and Care Coordination, which are funded

by the Older American's Act, have a minimum age of 60. The Albuquerque 50+ Games are open to those who are age 50, or older, by December 31. Some services may request a contribution; however, no one will be denied services for not contributing.

If at any time you would like additional information on how to access services, please call Senior Information at (505) 764-6400 or the 50+ Sports & Fitness Program at (505) 880-2800.

Closing Dates

Veteran's Day, **Fri**, Nov 11, 2011
Thanksgiving, **Thur**, Nov 24–25, 2011
Christmas, **Mon**, Dec 26, 2011
New Year's Day, **Mon**, Jan 2, 2012
MLK, Jr.'s Birthday, **Mon**, Jan 16, 2012
President's Day, **Mon**, Feb 20, 2012
Memorial Day, **Mon**, May 28, 2012
Independence Day, **Wed**, July 4, 2012
Labor Day, **Mon**, Sept 3, 2012

2012 Cleaning Dates

Palo Duro 50+ Sports & Fitness Center,
February 6–12, July 23–29
Los Volcanes 50+ Sports & Fitness Center,
March 12–18, July 13–19
Manzano Mesa Multigenerational Center,
January 30–February 5, July 25–July 31
North Domingo Baca Multigenerational Center,
March 5–11, August 20–26

50+ Sports & Fitness Program Volunteer Opportunities

Gain the satisfaction of helping others improve their health and fitness level! The 50+ Sports & Fitness Program offers a wide variety of volunteer opportunities. Senior Volunteers are encouraged to join the R.S.V.P. (Retired Senior Volunteer Program), which may offer insurance to and from work, meals and mileage reimbursements to qualified individuals.

Adapted Aquatics

Volunteers are needed to serve as additional and/or substitute instructors, help distribute equipment, and keep track of records and attendance. Volunteers are also needed to lead exercises and answer questions.

Special Events and Front Desk

Volunteers are needed to help at the front desk and with special events at all our Fitness Centers.

Drivers

Volunteer drivers are needed to drive the participants to and from different program activities.

Albuquerque 50+ Games & The Compete & Meet Games

Our competitive games need volunteers to coordinate or assist in coordinating sporting events. This may include planning the event, setting up the facility, securing equipment, contacting athletes and soliciting donations. Help is also needed to coordinate workshops and trainings, and distribution marketing of the *50+ Sports & Fitness Catalog*.

Winter Sports

We need volunteers to help lead downhill, cross country and snowshoe trips. Volunteers drive the van, help with equipment, coordinate events, and solicit donations. Volunteers are also needed for winter competitions in hockey, snowshoeing, downhill and cross country skiing.

Walking & Hiking

We are also looking for volunteers to help lead walking and hiking trips. Volunteers may drive the van, and/or help the program coordinator with equipment and trip logistics.

Interested in volunteering for any of these activities? Please call us at 880-2800.

Exercise Classes & Weight Training Orientations

We are always looking for volunteers who are interested in being trained to lead exercise classes and give weight training orientations (Volunteer Assistant Trainers). Volunteers may serve as substitute exercise instructors and help with attendance reports and special projects. Volunteer Assistant Trainers are trained by our certified personal trainers to assist clients in learning how to use the weight training equipment safely and effectively.

Assistant Trainers are needed at these sites:

1. **Palo Duro 50+ Sports & Fitness Center**
3351 Monroe NE, Alb., NM 87110 • 880-2800
2. **Manzano Mesa, Fitness Room**
501 Elizabeth SE, Alb., NM 87123 • 275-8731
3. **North Valley, Fitness Room**
3825 4th Street NW, Alb., NM 87107 • 761-4025
4. **Los Volcanes 50+ Sports & Fitness Center**
6500 Los Volcanes NW, Alb., NM 87121 • 839-3710
5. **North Domingo Baca, Fitness Room**
7521 Carmel Ave. NE, Alb., NM 87113 • 764-6496

Join the Senior Challenge!



SANDIA PEAK

The Challenge Program is a series of consecutive lessons designed for the 50+ skier. Sandia Peak Ski Area invites you to ski with friends and instructors in your own age group.

Call 242-9052 or visit www.sandiapeak.com, for more information.



SKI SANTA FE

Join Santa Fe Ski Area for our Seasoned Skier Program for ages 50+ and become a "Black Diamond Club" member. This 6-week program begins Monday, January 3.

For information & registration materials visit www.skisantafe.com



See Pages
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CITY OF ALBUQUERQUE

Mayor Richard J. Berry

BERNALILLO COUNTY



DEPARTMENT OF SENIOR AFFAIRS

Jorja Armijo-Brasher, Director DSA



The **50+ FANTASTIC!**
FREEZE FEST!

Call 880-2800 for more info

Winter Sports • Hiking • Walkabouts • Kayaking • Paddleboard

OUTDOOR RECREATION



WINTER FITNESS

BFIT2SKI

Get ready for the winter sport season. Burn fat, gain strength, build lean muscle and increase cardio endurance while having fun with our sport specific training class. Class runs for 6 weeks. 1 class per week for \$40 plus tax or 2 classes per week for \$75 plus tax.

Los Volcanes 50+ Sports & Fitness Center
5:45–6:45 pm • Jacquie Davis, 239-9399

SESSION 1: Class 1: Mon., Oct. 10–Nov. 14, 2011
Class 2: Wed., Oct. 12–Nov. 16, 2011

SESSION 2: Class 1: Mon., Nov. 28–Dec. 19, 2011 (4/wks)
Class 2: Wed., Nov. 30, 2011–Jan. 4, 2012 (6/wks)

SESSION 3: Class 1: Mon., Jan. 23–Feb. 27, 2012
(later in month due to holidays)
Class 2: Wed., Jan. 11–Feb. 11, 2012

N. Domingo Baca Fitness Center
5:30–6:30 pm • Marian Tarin, 620-3715,
NASM Certified Personal Trainer

SESSION 1: Class 1: Tues., Oct. 11–Nov. 15
Class 2: Thur., Oct. 13–Nov. 17

SESSION 2: Class 1: Tues., Nov. 29, 2011–Jan. 3, 2012
Class 2: Thur., Dec. 1, 2011–Jan. 5, 2012

SESSION 3: Class 1: Tues., Jan. 17–Feb. 21, 2012
Class 2: Thur., Jan. 19–Feb. 23, 2012

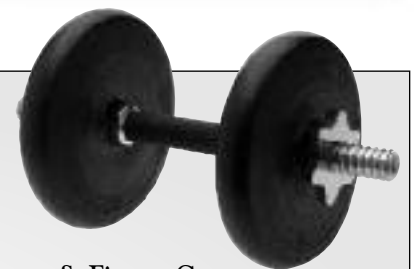
Palo Duro 50+ Sports & Fitness Center
5:45–6:45 pm • Jacquie Davis, 239-9399

SESSION 1: Class 1: Tues., Oct. 11–Nov. 15, 2011
Class 2: Thur., Oct. 13–Nov. 17, 2011

SESSION 2: Class 1: Tues., Nov. 29, 2011–Jan. 3, 2012
Class 2: Thur., Dec. 1, 2011–Jan. 5, 2012

SESSION 3: Class 1: Tues., Jan. 10–Feb. 14, 2012
Class 2: Thur., Jan. 12–Feb. 16, 2012

**Get Ready
for the 2012
Ski Season!**



SPECIAL WINTER TRIPS



Valles Calderas National Preserve Cross Country and Snowshoe Day Trip

Every winter we offer this special trip for cross country skiers and snowshoers to the Valles Calderas National Preserve in the Jemez Mountains. The beautiful preserve is comprised of almost 89,000 acres including the headwaters of both San Antonio Creek and the East Fork of the Jemez River.

Palo Duro 50+ Sports & Fitness Center
Date to be announced
(most likely on a Fri. in Feb.)
Check in: 8:00 am • Return: 4:30 pm
\$9 transportation and \$10 paid to
Valles Caldera Ranger Station
Cindy McConnell • Info: 880-2800

“50+ Winter Sports Bunch Club” 2011 Overnight Trips

These out-of-town, overnight ski and snowshoe trips are organized by the 50+ Club. For info: Vivian Heyward, vheyward@msn.com, or Wally Ross, w20ross@aol.com. Costs are estimates, final costs are based on the number of participants.

Red River Ski Area & Enchanted Forest
X-country Ski/Snowshoe Area.
Red River, NM, Jan. 17–19 • \$145 per person.

Wolf Creek Ski & Nordic Areas
Pagosa Springs–Wolf Creek, CO,
Feb. 21–23 • \$135 per person.

2012 Winter Sports Day Trips

Trips leave from Palo Duro 50+ Sports & Fitness Center

A City of Albuquerque, Department of Senior Affairs, Center membership and \$9 will cover the cost of transportation for each trip! Bring a sack lunch, snacks, water and dress warmly in layers.

SNOWSHOES MAY BE CHECKED OUT AT THE
PALO DURO 50+ SPORTS & FITNESS CENTER
AT NO CHARGE WITH A VALID DRIVER'S LICENSE.

TUESDAY CROSS COUNTRY SKIING TRIPS:

Enjoy the splendor of New Mexico's back country. Trips are open to intermediate or advanced skiers. Depending on snow conditions, destinations include the Jemez, Manzano, and Sandia Mountains. Equipment is not provided.

11 weekly trips from Jan. 10–Mar. 20, 2012
CHECK-IN: 8:00 am
DEPART: 8:30 am • RETURN: 4:30 pm
Cross country skiers must stay with the group.

WEDNESDAY SNOWSHOEING TRIPS:

Snowshoeing is easy, inexpensive and fun! Destinations include the Jemez, Manzano and Sandia Mountains, depending on snow fall. Snowshoers can bring ski poles for more stability.

11 weekly trips from Jan. 11–Mar. 21, 2012
CHECK-IN: 8:00 am
DEPART: 8:30 am • RETURN: 4:30 pm
Snowshoers must stay with the group.

Space is limited; pre-payment is required to reserve your space on the van.
For info and to register call 880-2800.

Cross Country Ski Classes

CHECK-IN: 8:00 am • RETURN: 4:30 pm
\$15 per one-day class. Equipment will **not** be provided. Bring a sack lunch, snacks, water and dress in layers.
Beginning Cross Country Ski
Learn the basics of cross-country skiing.
Tuesday, January 3
Intermediate Cross-Country Ski Review
A refresher course for those who are intermediate to advanced skiers.
Friday, January 6

Telemark Ski Lesson

"Free the Heel, Free the Mind!" Learn the basics of those beautiful, sweeping 'tele-turns'! Receive a morning of instruction then have the afternoon to practice and free ski.
Wednesday, January 4, 2012, CHECK-IN: 7:00 am • RETURN: 4:30 pm
\$25 Price includes professional Telemark Instruction and van transportation. Client must purchase own lift ticket and rental equipment. Seniors 72+ ski for FREE

FRIDAY SNOWSHOE 101 TRIPS:

For those who would like to get outside, but need to build lung and leg power. Instruction includes snowshoe techniques and conditioning exercises and discussion of safety and minimal impact travel through the back country.

11 weekly trips from Jan. 13–Mar. 23, 2012
CHECK-IN: 8:00 am
DEPART: 8:30 am • RETURN: 12:00 noon
Snowshoers must stay with the group.

THURSDAY DOWNHILL

SKIING & SNOWBOARDING TRIPS:

Let us do the driving and hit the slopes at Santa Fe ski area.

11 weekly trips from Jan. 12–Mar. 22, 2012
CHECK-IN: 7:00 am
DEPART: 7:30 am • RETURN: 4:30 pm

DOWNHILL SKIERS AND SNOWBOARDERS MUST
PURCHASE OWN LIFT TICKET.
SENIORS 72+ GET FREE LIFT TICKETS.

Downhill Skiing & Snowboarding Slalom Lessons (2-day clinic)

Compete better and improve your everyday skiing! Turn a ski day into a GREAT ski day! Join Hubert Seigmann, head coach of the Santa Fe Ski Team, an internationally experienced world-class ski racer and long time coach, who has raced and coached both in Europe and the US for over 30 years.

2-hour Dry Land Clinic:
Tuesday, January 3, 12:00–2:00 pm,
McKinley Community Center
Day-long on-Slope Clinic at Santa Fe Ski Area
Thursday, January 5
CHECK-IN: 7:00 am • RETURN: 4:30 pm,
\$9 transportation and \$10 paid Tuesday to the Santa Fe Ski Team.

NEW!

2012 Summer Sports Day Trips

HIKING

50+ Sports & Fitness Program Hiking

These hikes are designed for the beginning to intermediate hiker, varying from easy/moderate (A/B) hikes to the more challenging C/D level hikes. See our descriptions so you can select to your abilities. Hike the Sandia, Manzano, Jemez and Pecos wilderness areas! Our focus is fitness, but we take time to stop along the way and view birds, wildlife and wildflowers. Bring your own lunch, snacks and drinks. Trip costs vary based on 5¢ per mile for van transportation. We will have a guest Master Naturalist, once a month that will help us explore our environment. Prepay to reserve your place! Our annual Overnight Hike will take the place of our weekly hike the 3rd week of October.

April–October, 2012

Palo Duro 50+ Sports & Fitness Center
Monday, 7:15 am–4:00 pm
Vivian Heyward & Cindy McConnell

N. Domingo Baca Fitness Center
Every other Wednesday,
8:00 am–5:00 pm
Cindy McConnell

Los Volcanes 50+ Sports & Fitness Center
Every other Wednesday
7:15 am–5:00 pm
Cindy McConnell

North Domingo
Baca and Los
Volcanes dates
are coordinated

Hiking 101

Would you like to hike with us, but you're not sure you are up for the challenge? Then these half day hikes through the Albuquerque Foothills and East Mountains are for you. Learn hiking techniques, conditioning exercises, safety, and minimal impact travel through the back country. Soon you will be ready to join your friends on the 'all-day' trips with confidence and skill! Wear sturdy shoes or hiking boots, bring water and dress in layers. Nordic walking poles are provided by the center with a valid driver's license.

Palo Duro 50+ Sports & Fitness Center
SESSION 1: April 27, May 4, 11, 18, 2012
SESSION 2: September 7, 14, 21, 28, 2012
Friday, 7:15 am–1:00 pm
Cindy McConnell, 880-2800

Center Hiking (intermediate)

The Albuquerque Centers offer hike trips year round. Schedules are available at front desk of participating centers. Transportation cost is 5¢ per mile. www.ASCHG.org

Bear Canyon
Every other Thursday,
8:00 am
Sandy McAvoy

North Valley
Every other
Thursday, 8:00 am
Bill Gloyd

Los Volcanes
1st & 3rd Thursday,
8:00 am
Rose Chavez

Highland
Every other Tuesday,
8:00 am
Pat Newman

Palo Duro
Every other
Tuesday,
8:00 am
Marilyn Warrant

Saturday,
8:45 am
Sue Pelletier

Bear Canyon and
North Valley dates
are coordinated

Highland and
Palo Duro dates
are coordinated

More Summer Sports Day Trips



KAYAKING

NEW!

Kayaking

Have you ever wanted to learn to kayak, but wanted to start in a safe, controlled environment while you master the basics? Learning to kayak is a fun way to experience the outdoors, and is a social activity that anyone can participate in. And because finesse and technique are more important than physical strength, it's the perfect low-impact activity for "kids" of all ages.

This 2-part pool lesson and guided river instruction will expose you to the basics of recreational kayaking. Part 1 takes place in an indoor, heated pool. Part 2 takes place on the scenic Rio Grande Bosque. You must attend at least one pool lesson to be eligible for the guided river lesson, regardless of your experience. Price includes kayaks and gear, pool rental, and travel to/from Rio Grande Bosque. Note - the price does not include travel to/from the pool. Call 880-2800 to sign-up, classes are limited to 10 people.

Los Altos Pool

Saturday, February 18, 4:00–8:00 pm

Sunday, March 4, 4:00–8:00 pm

Sunday, May 6, 8:00 am–12:00 pm

RIO GRANDE FLOAT TRIP:

Monday, May 14, 10:00 am–2:00 pm

\$60/1 pool lesson, \$120/1 pool lesson and guided river float trip (experienced participant); \$150/2 pool lessons & guided river float trip
Kelly Gossett, certified by the American Canoe Association in Coastal Kayaking Level 3 Skills, White Water Kayaking Level 4, Day Trip Leading.

WALKING

Walk About Albuquerque

Walkers will learn the science of walking, safety tips, different types of walking techniques and how to use a pedometer and walking poles. The program will explore the City of Albuquerque on your feet. The \$15 cost includes a pedometer, walking charts, instruction on correct walking techniques, handouts, the use of walking poles, an experienced fun guide and transportation!

Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE

Tuesday and Thursday, Trip departure times vary from 7:15–8:45 am, depending on the destination. Call 880-2800.

Walk About 1

WEEK 1: A Blossoming Adventure

Walk the Botanical Park while learning how to walk for the health of it.

WEEK 2: Train to Bernalillo

An historical tour of old Bernalillo—ride on the Rail Runner.

WEEK 3: Nob Hill

Learn about the architecture of this historical area of Albuquerque.

WEEK 4: The Albuquerque

Bosque Discover the natural side of Albuquerque.

WEEK 5: Take a Walk on the Wild

Side! Walk among the animals and be Wild!

WEEK 6: Plaza to Plaza

Civic Plaza to Old Town Plaza. 250 years of Albuquerque history.



NEW!

Walk About Too!

WEEK 1: UNM Campus In 1892, Hodgin Hall was built on open grasslands; Come explore the beautiful campus and gardens we know today!

WEEK 2: Coronado Monument and Tamaya Artwork A walk through history at Coronado to the very contemporary Tamaya, along the familiar banks of the Rio Grande

WEEK 3: Downtown Public Art Walk/Reynold Neighborhood See where that "1% for the Arts" went. We'll find the Beautiful and diverse Artwork in the cool shadows of downtown

Tuesday Walks

SESSION I: Walk About
March 27–May 1, 2012

SESSION II: Walk About Too!
May 8–June 12, 2012

SESSION III: Walk About
September 4–October 16, 2012

Thursdays Walks

SESSION I: Walk About Too!
March 22–April 26, 2012

SESSION II: Walk About
May 10–June 14, 2012

SESSION III: Walk About Too!
September 6–October 18, 2012

WEEK 4: Hubbel House/South Valley Neighborhoods Explore the South Valley through its Open Spaces and the Historic Hubbel House

WEEK 5: Ridgecrest Neighborhood/Veteran's Memorial Under the shade trees of the post WWII era neighborhood, to lunch and a tour of the Veteran's Memorial

WEEK 6: Huning Highland Neighborhood/Martinez Town

PADDLEBOARD

Paddleboard

Are you ready to try another super fun water sport? It's time to go Stand Up Paddling. Stand up paddle boards are very stable so it is easy & fun to learn. SouthWest WindSports is offering classes in Albuquerque on the Rio Grande and at Cochiti Lake. What you will learn: Safety and basic SUPing skills and how to control and maneuver them on the water. Then put into the water and practice. Transportation, Equipment (SUP board, paddle and life jacket) will be provided. Call 880-2800 to sign-up, class is limited to 8.

Rio Grande River (in Abq/Rio Rancho) or Cochiti Lake

Friday, 8:00 am–12:00 pm

3 Classes:

June 22, 2012,

July 20, 2012,

August 24, 2012

\$40/class

Michael Pogzeba, SUP & Windsurfing Instructor

NEW!

Please print

We reserve the right to change trip locations due to snow conditions. Changes will be posted at sign-in desk prior to trip departure.
Registration is first come, first served. You may register at the Palo Duro 50+ Sports & Fitness Center,
or by mailing your registration to: 3351 Monroe N.E., Albuquerque NM 87110

2012 Winter Sports Registration Form

Name: _____ Date of birth _____
Last First Middle

Address: _____
Street City State Zip

Phone: _____ E-mail: _____ SS# (last 4 digits): _____

Emergency Contact: _____
Name Relationship Phone

Would you like to be a volunteer? ☐ YES

TUESDAY TRIPS

Cross-Country

<input type="checkbox"/>	Trip 1	Jan. 10	Jemez	\$9.00
<input type="checkbox"/>	Trip 2	Jan. 17	Jemez	\$9.00
<input type="checkbox"/>	Trip 3	Jan. 24	Jemez	\$9.00
<input type="checkbox"/>	Trip 4	Jan. 31	Jemez	\$9.00
<input type="checkbox"/>	Trip 5	Feb. 7	Jemez	\$9.00
<input type="checkbox"/>	Trip 6	Feb. 14	Jemez	\$9.00
<input type="checkbox"/>	Trip 7	Feb. 21	Jemez	\$9.00
<input type="checkbox"/>	Trip 8	Feb. 28	Jemez	\$9.00
<input type="checkbox"/>	Trip 9	Mar. 6	Jemez	\$9.00
<input type="checkbox"/>	Trip 10	Mar. 13	Jemez	\$9.00
<input type="checkbox"/>	Trip 11	Mar. 20	Jemez	\$9.00
CROSS-COUNTRY TOTAL				\$ _____

WEDNESDAY TRIPS

Snowshoeing

<input type="checkbox"/>	Trip 1	Jan. 11	Jemez	\$9.00
<input type="checkbox"/>	Trip 2	Jan. 18	Jemez	\$9.00
<input type="checkbox"/>	Trip 3	Jan. 25	Jemez	\$9.00
<input type="checkbox"/>	Trip 4	Feb. 1	Jemez	\$9.00
<input type="checkbox"/>	Trip 5	Feb. 8	Jemez	\$9.00
<input type="checkbox"/>	Trip 6	Feb. 15	Jemez	\$9.00
<input type="checkbox"/>	Trip 7	Feb. 22	Jemez	\$9.00
<input type="checkbox"/>	Trip 8	Feb. 29	Jemez	\$9.00
<input type="checkbox"/>	Trip 9	Mar. 7	Jemez	\$9.00
<input type="checkbox"/>	Trip 10	Mar. 14	Jemez	\$9.00
<input type="checkbox"/>	Trip 11	Mar. 21	Jemez	\$9.00
SNOWSHOEING TOTAL				\$ _____
<input type="checkbox"/>	Have own snowshoes			

THURSDAY TRIPS

Downhill Skiing

<input type="checkbox"/>	Trip 1	Jan. 12	Santa Fe	\$9.00
<input type="checkbox"/>	Trip 2	Jan. 19	Santa Fe	\$9.00
<input type="checkbox"/>	Trip 3	Jan. 26	Santa Fe	\$9.00
<input type="checkbox"/>	Trip 4	Feb. 2	Santa Fe	\$9.00
<input type="checkbox"/>	Trip 5	Feb. 9	Santa Fe	\$9.00
<input type="checkbox"/>	Trip 6	Feb. 16	Open	\$9.00
<input type="checkbox"/>	Trip 7	Feb. 23	Santa Fe	\$9.00
<input type="checkbox"/>	Trip 8	Mar. 1	Santa Fe	\$9.00
<input type="checkbox"/>	Trip 9	Mar. 8	Santa Fe	\$9.00
<input type="checkbox"/>	Trip 10	Mar. 15	Santa Fe	\$9.00
<input type="checkbox"/>	Trip 11	Mar. 22	Santa Fe	\$9.00
DOWNHILL TOTAL				\$ _____

FRIDAY TRIPS

Snowshoe 101

<input type="checkbox"/>	Trip 1	Jan. 13	Closest Snow	\$9.00
<input type="checkbox"/>	Trip 2	Jan. 20	Closest Snow	\$9.00
<input type="checkbox"/>	Trip 3	Jan. 27	Closest Snow	\$9.00
<input type="checkbox"/>	Trip 4	Feb. 3	Closest Snow	\$9.00
<input type="checkbox"/>	Trip 5	Feb. 10	Closest Snow	\$9.00
<input type="checkbox"/>	Trip 6	Feb. 17	Closest Snow	\$9.00
SNOWSHOE 101 TOTAL				\$ _____

DOWNHILL SKIING & SNOW-BOARDING SLALOM LESSONS

<input type="checkbox"/>	Tues & Thurs, Jan. 3 & 5	\$19.00
SLALOM LESSONS TOTAL		\$ _____

BEGINNING CROSS-COUNTRY SKI LESSONS

<input type="checkbox"/>	Tuesday, Jan. 3	\$15.00
BEGINNING SKI TOTAL		\$ _____

INTERMEDIATE CROSS-COUNTRY SKI REVIEW

<input type="checkbox"/>	Friday, Jan. 6	\$15.00
SKI REVIEW TOTAL		\$ _____

TELEMARK SKI LESSON

<input type="checkbox"/>	Wed, Jan. 4	\$25.00
TELEMARK TOTAL		\$ _____

TRIP FEES FROM ABOVE \$ _____

CENTER MEMBERSHIP (\$13) \$ _____

TOTAL FEES \$ _____

Are you a City of Albuquerque center member? ☐ YES ☐ NO

If yes, which center?

Center Name

When does your membership expire?

Date

IMPORTANT Payment Schedule and Trip Policies

- Registrations for Winter Sports are on a first come, first serve, prepaid, sign-up basis.
- Make checks payable to the City of Albuquerque.
- Participants must leave and stay with the group on all trips. No exceptions!**
- Cancellations for day trips will require a 24-hour notice for a refund.
- All Winter Sports refund and trip transfer requests must be made by Friday, April 13, 2012** to the Palo Duro 50+ Sports & Fitness Office. No requests for refunds or transfers will be taken after this date.
- Activities will be canceled due to weather conditions, or when minimum attendance is not met.** A minimum of 6 participants is required to use a single van; a minimum of 12 people is required to use 2 vans.
- If a Winter Sports event is canceled, you may apply the credit to another Winter Sports trip or request a refund.



LIABILITY WAIVER

I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, the Sandia Peak Ski Company, Santa Fe Ski Company, (hence and hereafter sometimes referred to as sponsors), their agents, employees, representatives and assigns, from any and all actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of injury arising out of my participation in the 50+ Winter Sports Program. I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition and I am physically able to participate in the events I have selected. I know of no

physical restrictions which would prohibit my participation in the events I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the 50+ Winter Sports Program. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized preexisting medical disorder which I may have, thereby resulting in serious or life-threatening harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the 50+ Winter Sports Program.



☐ **By checking the box I agree to the following:** The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials. The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages for libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Signature: _____ Date: _____

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque, Senior Winter Sports Program, to observe all rules, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, 50+ Winter Sports Program.

Winter Sports Competitions

A Winter Sports Event that includes Competitions in Cross-Country Skiing, Downhill Skiing, Snowboarding, Snowshoeing, and Ice Hockey!

Van transportation to and from each event is available for \$9 and leaves from Palo Duro 50+ Sports & Fitness Center



Downhill Skiing & Snowboarding Competition and Poker Run

Santa Fe Ski Area Thursday, February 9, 2012

Events: Modified Giant Slalom two runs—throw out high time.

Age Categories: 50+ progressing in 5-year age increments. We reserve the right to combine age divisions depending on the number of entries.

Poker Run: In this fun FREE event each contestant collects 2 poker cards at 5 different specific sites on the ski mountain and then play poker for prizes at the end of the day!

Entry Fee: \$18 includes, both events, lunch at Totemoff's Grill and Awards Ceremony! Client must purchase own lift ticket. Seniors 72+ ski for FREE.

Race Schedule

8:00–9:30 am	Registration & Check-in Santa Fe Ski Area Base Lodge, La Casa Café
9:00–10:00 am	Practice
10:00 am–12:00 pm	Downhill Race competition starts
12:00–2:00 pm	Poker Run
2:30 pm	Lunch & Awards Ceremony Totemoff's Grill at the Midway Lodge
4:00 pm	The van leaves to return to Palo Duro 50+ Sports & Fitness Center.

Snowshoe & Cross Country Skiing Events and Turkey Bowling Contest

Sandia Peak Ski Area Wednesday, February 8, 2012

On-site Registration/Check-in: High Finance Restaurant

Age Categories: 50+ progressing in 5 year age increments. We reserve the right to combine divisions depending on the number of entries.

Entry Fee: \$15 (includes both Cross Country events OR both Snowshoe events and the Snowball Throwing Contest)

All racing events are Estimated Time events. Each athlete will estimate how long it will take him/her to complete a race. The athlete finishing closest to their estimated time will win.



Cross Country Competition 1K Individual; 3K Individual

Snowshoe Competition 1K Individual; 100 Meter Individual

Cross Country Race Schedule

9:00 am	Tram opens
10:00–10:30 am	Registration and Check-in High Finance Restaurant
10:30–11:00 am	Practice: Cross Country
10:30 am–12:00 pm	Turkey Bowling
11:00 am	Cross Country racers report to starting point on upper service road by High Finance Restaurant.
11:15 am	Cross Country 3K & 1K Race
2:00 pm	Awards-High Finance Restaurant

Snowshoe Race Schedule

9:00 am	Tram opens
10:00–10:30 am	Registration and Check-in High Finance Restaurant
10:30 am–12:00 pm	Turkey Bowling
11:45–12:15 pm	Practice: Snowshoe
12:15 pm	Snowshoe racers report to starting point on upper service road by High Finance Restaurant.
12:30 pm	Snowshoe 1K & 100 Meter Race
2:00 pm	Awards-High Finance Restaurant

Ice Hockey & Registration Form
next page ➡



Ice Hockey

Outpost Ice Arena Thursday, February 9, 2012

Pre-Registrations: Palo Duro 50+ Sports & Fitness Center

Entry Fee: \$15 per person. Checks are to be made out to 30/30 Ice Hockey and mailed to Richard Olsen, 13709 Crested Butte Drive, NE, Albuquerque, NM 87112

Registration Deadline • Monday, February 6, 2012

Age Categories: 50+ (by December 31, 2012).
We reserve the right to combine divisions depending on the number of entries.

Conduct and Eligibility: the games will be played in accordance with the rules of the 30-30 Hockey League with no checking or slap shots.

Events: the games begin promptly at 7:00 pm. Officials will be provided. Teams will be set up after entry forms are completed. A minimum of two teams will make an event. Awards follow the event.

For more information: call Bob Waltson 771-2671, Richard Olson 299-1628 (home) or 350-6099 (cell) or the 50+ Sports & Fitness Program at 880-2800

Game Schedule

6:00–6:30 pm	Check-in & Orientation, Outpost Ice Arena
7:00–9:00 pm	Competition

50+ Fantastic Freeze Fest Registration

SS# (last 4 digits): _____

Checks payable to the City of Albuquerque (except for ice hockey).
See your event for registration deadline and details. Mail your registration to:
Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110. (505) 880-2800.

Name: _____
Last First Middle

Address: _____
Street City State Zip

Phone (work): _____ Phone (home) _____

Cell phone: _____ E-mail: _____

Emergency Contact: _____
Name Relationship Phone

Age: _____

☐ Male ☐ Female

Date of Birth:

Month _____ Day _____ Year _____

LIABILITY WAIVER

I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, Sandia Peak Ski company, Santa Fe Ski Company, High Finance Restaurant, Outpost Ice Arena (hence and hereafter sometimes referred to as sponsors), their agents, employees, representatives and assigns, from any and all actions, cause of actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have, or at any time in the future have as a result of injury arising out of my participation in the Albuquerque Fantastic Freeze Fest. I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation in the Albuquerque Fantastic Freeze Fest. I warrant and represent to the sponsors that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restrictions which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque Fantastic Freeze Fest. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized pre-existing medical disorder which I may have, thereby resulting in serious or life-threatening physical harm to me.

The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Albuquerque Fantastic Freeze Fest.

☐ **By checking the box I agree to the following:**

The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.

The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages for libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Signature: _____ Date: _____

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque Fantastic Freeze Fest, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, Sandia Peak Ski Company, Santa Fe Ski Company, High Finance Restaurant, Outpost Ice Arena.

Information: Call or drop by the 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110. (505) 880-2800 • E-mail: asrice@cabq.gov

Registration Fees

Must have a current City of Albuquerque Senior Center Membership \$13/year \$ _____

If you already have a membership:

Center Expires

Prices are per person. Check the events in which you wish to participate; then add up the right column.

DOWNHILL SKI & SNOWBOARD EVENTS

☐ Snowboard Race (must buy lift ticket)

☐ Downhill Ski Race (must buy lift ticket)

☐ FREE Poker Run

.....\$18.00 \$ _____

CROSS-COUNTRY EVENTS

☐ 1 K Race First Event

☐ 3 K Race Second Event

(for both events)\$15.00 \$ _____

SNOWSHOE EVENTS

☐ 100 Meter Individual

☐ 1 K Individual

(for both events)\$15.00 \$ _____

☐ FREE Turkey Bowling

HOCKEY

☐ Team Hockey \$15.00 \$ _____
(check payable to 30/30 Ice Hockey)

VAN TRANSPORTATION

☐ To Sandia Peak (Feb 8) . \$9.00 \$ _____

☐ To Santa Fe (Feb 9) ... \$9.00 \$ _____

TOTAL REGISTRATION FEES \$ _____

The 2012 “Compete & Meet” Games

Sponsored by the City of Albuquerque, Department of Senior Affairs, 50+ Sports and Fitness Program

The 2012 Compete & Meet Games offers 4 competitions and 3 workshops open to all athletes, nationwide, 50 years and older. Compete against your peers in Bocce, Pickleball and Weight Lifting. Learn or perfect your Swimming or Track & Field technique at our workshops. Each competition concludes with an awards presentation and medals to the 1st, 2nd and 3rd place winners.



Call 880-2800
Palo Duro 50+ Sports & Fitness
Program for more information.



Bocce Tournaments

Learn a fun Italian sport—Bocce Ball! The 50+ Sports and Fitness Program is hosting 2 tournaments to build you into a Bocce Ball “pro.” Experts will be on hand giving instruction on rules and strategy. Medals and prizes will be awarded!

William L. Jackson Park, east on Cedar Hill Road from Tramway

Saturday–Sunday, October 13–14, 2012 • 8:00 am
Entry deadline: Monday, October 8, 2012 • \$10



Pickleball Tournaments

Join us for great competition. There is something for everyone, outdoor play in the fall and indoor play in the winter. Pickleball is the fastest growing sport in Albuquerque! Try it and find out why!

Indoor Pickleball Doubles Tournament
Manzano Mesa Multigenerational Center, gym
Saturday–Sunday, January 14–15, 2012 • 9:00 am
\$10 per event with current center membership.
Register by: Monday, January 9, 2012

Outdoor Pickleball Doubles Tournament
Los Altos Park, outdoor tennis/pickleball courts
Saturday–Sunday, September 22–23, 2012 • 9:00 am
\$10 per event with current center membership.
Register by: Monday, September 17, 2012



Swim Workshops

Come to our technique “tune-up” swim workshops. Tim Wilde will be our lead instructor guiding participants through various drills in all four strokes as well as on body position and turns. The second workshop will focus on flip turns and the starting block.

Highland Pool

Sunday Feb 19, 2012 • 10:00 am

FREE • Register by: Monday, February 13, 2012

West Mesa Aquatic Center

Saturday March 3, 2012 • 12:00 pm

FREE • Register by: Monday, February 27, 2012



Track & Field Workshop

Practice your running and throwing events and learn new track & field skills! Experts will be coaching participants on running, javelin, discus, shot put, pole vault and high jump.

Albuquerque Academy, Track
Sunday, April 15, 2012 • 11:00 am–2:00 pm
FREE • Register the morning of event



Bench Press Competition

Competition is organized in age groups of both men and women. Individual medals will be given to the top 3 winners in each category. There will be a traveling trophy awarded to the gym with the strongest team of athletes entered. Awards will be determined on a ratio of body weight to weight lifted. Teams will consist of a minimum of 5 individuals, up to 10 individuals, any combination of men and/or women. Gyms may enter as many teams as they wish.

For information call Palo Duro
50+ Sports & Fitness Center at 880-2800.

Bench Press Workshop
Saturday, August 25, 2012 • 10:00 am
North Domingo Baca Multigenerational Center
Register by: Monday, August 20, 2012 • \$10
National power lifting rules apply and categories will be based on the number of entries.

Bench Press Competition
Saturday, October 27, 2012 • 10:00 am
North Domingo Baca Multigenerational Center
Register by: Monday, October 22, 2012 • \$10
National power lifting rules apply and categories will be based on the number of entries.

Schedule and Registration Form

2012 “Compete & Meet” events at-a-glance



OPEN TO ALL • 50+ to 100+!

Don’t miss these special competitions and workshops open to athletes outside Albuquerque and New Mexico!

Due to budget restraints, we will not mail out reminder notices. It is the responsibility of the participant to note the time and place of each event and to arrive 15 minutes before the default time.



Event	Date	Venue	Time	Register by	Cost	Coordinator
Bocce Ball Competition	Sat–Sun, Oct 13–14	Jackson Park	8:00 am	Mon, Oct 8	\$10.00 per event	Susan Rice 880-2800
Indoor Pickleball Doubles Tournament	Sat–Sun, Jan 14–15	Manzano Mesa Multigen. Ctr.	9:00 am	Mon, Jan 9	\$10.00 per event	Bill Marshall 417-9243
Outdoor Pickleball Doubles Tournament	Sat–Sun, Sep 22–23	Los Altos Tennis Courts	9:00 am	Mon, Sept 17	\$10.00 per event	Bill Marshall 417-9243
Swimming Workshop	Sun, Feb 19	Highland Pool	10:00 am	Mon, Feb 13	Free	Tim Wilde 269-0645
Swimming Workshop	Sat, Mar 3	West Mesa Aquatic Center	12:00 pm	Mon, Feb 27	Free	Tim Wilde 269-0645
Track & Field Workshop	Sun, Apr 15	Albuquerque Academy	11:00 am–2:00 pm	Sun, Apr 15	Free	Susan Rice 880-2800
Bench Press Workshop	Sat, Aug 25	North Domingo Baca Multigen. Center	10:00 am	Mon, Aug 20	\$10.00 Free w/competition	Dominic Savaadra 764-6496
Bench Press Competition	Sat, Oct 27	North Domingo Baca Multigen. Center	10:00 am	Mon, Oct 22	\$10.00	Dominic Savaadra 764-6496

Please print Make checks payable to the City of Albuquerque. See your sport above for registration deadline details. Mail your registration to Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110

Compete and Meet Games Registration Form

Name:

Last

First

Middle

Address:

Street

City

State

Zip

Home Phone: Work Phone: Social Security #

Last 4 digits only

Cell Phone: E-mail:

☐ I am interested in volunteering with the 50+ Sports and Fitness Program

Emergency Contact:

Name

Relationship

Phone

Age:

as of December 31, 2011

☐ Male ☐ Female

Date of Birth:

Month

Day

Year

LIABILITY WAIVER: I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, Albuquerque Academy, West Mesa Aquatics Center, Los Altos Pool, their agents, employees, representatives and assigns, from any and all actions, cause of actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have, or at any time in the future have as a result of injury arising out of my participation in the Albuquerque Compete and Meet Games. I warrant and represent to the sponsors that I have prepared myself for the events, which I have entered by practicing the same prior to my participation in the Albuquerque Compete and Meet Games. I warrant and represent to the sponsors that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restrictions, which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque Compete and Meet Games. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized pre-existing medical disorder, which I may have, thereby resulting in serious or life-threatening physical harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Albuquerque Compete & Meet Games.

Signature

Date

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque Compete and Meet Games, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, Albuquerque Academy, West Mesa Aquatics Center, and Los Altos Pool.

REGISTRATION FEES

City of Albuquerque Center Membership. \$13

or Current Membership information:

Center

Expires

ADDITIONAL FEES

☐ Bocce Tournament, Oct. 13–14, 2012 \$10 \$

☐ Singles ☐ Doubles Partner: Must register separately

☐ Indoor Pickleball Doubles Tournament Saturday–Sunday, January 14–15, 2012 \$10 per event ... \$

☐ Doubles Partner: Must register separately

☐ Mixed Doubles Partner: Must register separately

☐ Outdoor Pickleball Doubles Tournament Saturday–Sunday, Sept. 22–23, 2012 \$10 per event \$

☐ Doubles Partner: Must register separately

☐ Mixed Doubles Partner: Must register separately

☐ Swimming Workshop, Sat., Feb. 18, 2012 Free \$

☐ Swimming Workshop, Sat., March 3, 2012 Free \$

☐ Track Workshop, Sun., Apr. 15, 2012 Free \$

☐ Bench Press Workshop, Sat., Oct. 25, 2012 \$10 free w/competition \$

☐ Bench Press Competition, Sat., Oct. 27, 2012 \$10 \$

TOTAL AMOUNT ENCLOSED \$

☐ By checking the box I agree to the following:

The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials. The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages for libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Albuquerque 50+ Games



DEADLINE FOR ENTRIES MARCH 1, 2012, 7:00 PM

The Albuquerque 50+ Games offer athletic competitions for people 50+. The qualifying winners of the local games are invited to participate in the New Mexico Senior Olympics where they may qualify to compete at the National Senior Games.

GET IN SHAPE FOR THE COMPETITIONS!

The 50+ Sports & Fitness Program offers ongoing exercise classes and "state-of-the-art" weight rooms available for use to build muscle strength and endurance.

REGISTRATION

One registration form covers all events for the 2012 Albuquerque 50+ Games on page 17. Registration forms must be completed and submitted to a registration center or to the Albuquerque 50+ Games (Palo Duro 50+ Sports & Fitness Center) office. Incomplete registrations cannot be entered into the computer and will not be accepted! Late, on-site registration will be permitted only for track & field events. There will be a \$10 late registration fee taken at the track meet. Registration is not valid unless the liability waiver is signed.

DEADLINE

All registrations for events are due by 7:00 pm on Thursday, March 1, 2012

March events: Cycling Workshop, Air Gun Workshop, Table Tennis Workshop, Bowling, Basketball (3 Point & Free Throw), Eight Ball Pool, Talent Show & Dance Meeting, Air Gun, Shuffleboard, Swimming, Racquetball, Table Tennis

April events: Pickleball, Talent Show and Dance, Huachas, Road Race, 5K Race Walk, Badminton, Archery

May events: Horseshoes, Golf, Tennis, Cycling, Track & Field

Late or incomplete registrations (except for the track & field competition) will not be accepted. The track & field competition will hold open, late registrations on site at the

Albuquerque Academy on Saturday, May 19, 2012, 7:30–8:30 am. The additional fee for on-site or late registration at the track meet will be \$10. Participants may also make changes to their track and field event schedules at this time for a \$10 additional fee.

LOCATION

The Albuquerque 50+ Games are held at a number of Albuquerque locations during the months of March, April and May, 2012. All events are listed in the competition schedule on page 16.

ELIGIBILITY

The Albuquerque 50+ Games is an event open to all people who are residents of the Albuquerque/Bernalillo County area who are at least fifty years of age by December 31, 2012. In addition, each Albuquerque 50+ Games participant must correctly complete a registration form, turn it in by the deadline and pay all fees. New Mexico residents from other counties may enter the Albuquerque 50+ Games, if their chosen events are not available in their counties; however, no such persons may prevent residents from the Albuquerque/Bernalillo county area from qualifying for the New Mexico Senior Olympics.

ATTENDANCE

Due to budget restraints, we do not mail out reminder notices. It is the responsibility of the participant to note the time and place of each event and to arrive before the default time.

EVENT

An "event" is defined as a single contest in a particular sport. For example: The 50-meter run and the 100-meter run are two events. Participants may enter a total of 20 events at the Albuquerque 50+ Games. Eight of the 20 events may be track & field and eight may be swimming. At New Mexico Senior Olympics, you may enter no more than 10 events. The events must be ones in which you qualified at the Albuquerque 50+ Games (excluding fun events, volleyball, softball and basketball team sports).



Schedule page 16, Registration form page 17



AGE DIVISIONS

In singles events, participants may not play up or down in age, but play in their own age group. Age categories:

- 50-54 70-74 90-95
- 55-59 75-79 95-99
- 60-64 80-84 100+
- 65-69 85-89

The only exception is the Talent Show and Dance Competition. The age categories are 50-69 70+

Age division for doubles and mixed doubles competition will be determined by the age of the younger partner as of December 31, 2012.

Age division for team competition is determined by the youngest member of the team as of December 31, 2012. Team competition age divisions are:

- 50+ 55+ 60+ 65+
- 70+ 75+ 80+

FEES

- Registration Fee\$30 (T-shirt, membership and awards)
- Golf Fees: (Men & Women) All ages: 50+, Mandatory Cart included
 - Without Season Pass\$33.80
 - With Season Pass\$13.80
- Bowling, per event\$ 5.50
- Track & Field, late fee\$10.00

ENTRY FEE ASSISTANCE

Entry fee assistance is available from the Albuquerque 50+ Games. Call the Palo Duro 50+ Sports & Fitness Center at 880-2800.

REFUNDS

NO REFUNDS AFTER JUNE 30, 2012.

All fees must be paid at registration. Please make checks payable to the CITY OF ALBUQUERQUE.

PARTNERS/TEAMS

Your doubles partner and/or each team member must also register separately.

PACKET PICK-UP

Packets for all sports will include; T-shirt, event information, New Mexico State Olympics information, and bib numbers. Packets will be available at Palo Duro 50+ Sports & Fitness Center after February 1, 2012.

AWARDS

First, second and third place winners are awarded ribbons at the conclusion of their events. The top 6 finishers in each age category, male and female, will qualify to participate in the New Mexico Senior Olympics.



RULES

The 2012 New Mexico Senior Olympics Rule Book will be available for view at the Palo Duro and Los Volcanes 50+ Sports & Fitness Centers and North Domingo Baca and Manzano Mesa Multigenerational Fitness Rooms. Events are governed by the National Senior Games Association and the New Mexico Senior Olympics Board of Directors. Please note there are always important rule changes for the local, state and National Senior Games.

RESULTS

Results for the Albuquerque 50+, State Olympics and National Senior Games, and the revised minimum performance standards for the National Senior Olympics, are located at the Palo Duro and Los Volcanes 50+ Sports & Fitness Centers and North Domingo Baca and Manzano Mesa Multigenerational Fitness Rooms.

VOLUNTEERS

Volunteers play a vital role in the Albuquerque 50+ Games. Assistance is needed to coordinate the sports, to do computer data entry, record keeping, fund-raising, public relations, and more. Please call the Albuquerque 50+ Games Center at 880-2800 if you would like to volunteer.

MEDICAL

It is strongly recommended that all participants receive a medical check-up prior to competition, it is also required that the liability waiver on the registration form be completed and signed.





2012 Albuquerque 50+ Games

Competition & Workshop Schedule

Deadline for entry is March 1, 2012—No Exceptions

Sports	Events	Date	Time	Location	Coordinator-Phone
Air Gun (Rifle & Pistol)	Workshop	Sat, Mar 3, 2012	8:00 AM	Eldorado High School	Dick Perry • 856-7008
	Competition	Sat, Mar 17, 2012	8:00 AM		Maj Jim Koerber • 296-4871 x1408
Archery	Competition: Compound Release Aid, Compound Finger Shooter, Conventional Recurve	Sat, Apr 28, 2012	9:00 AM	Archery Range, Tijeras NM	Charlie Barns • 344-8644
Badminton	Competition: Singles, Doubles & Mixed Doubles	Fri, Sat, Apr 27–Apr 28, 2012	10:00 AM	Manzano Mesa Multigenerational Center	Terry & Nan Lauritsen • 266-8237
Basketball (State only)	Competition: Free Throw, Best of 15 Free Throws	Sat, Mar 10, 2012	9:00 AM	Manzano Mesa Multigenerational Center	Bob Pyeatt • 823-6467
	Competition: 3 point Shot, Best of 6 Shots				
	Competition: 3x3, Half Court, Men & Women	TBA			NM State Senior Olympics
Bowling	Practice/Competition: Singles	Tue, Mar 6, 2012	8:30 AM / 9:00 AM	Leisure Bowl	Leisure Bowl • 286-4371
	Practice/Competition: Doubles	Wed, Mar 7, 2012	8:30 AM / 9:00 AM		Charlotte Lober • 299-2042
	Practice/Competition: Mixed Doubles	Wed, Mar 7, 2012	12:30 PM / 1:00 PM		
	Practice/Competition: Team Bowling	Fri, Mar 9, 2012	8:30 AM / 9:00 AM		
Cycling	Workshop:	Thur, Mar 1, 2012	1:00–2:00 PM	McKinley Community Center	Peter Stirbis • 299-8442
	Competition: 5K, 10K, & 20K	Sat, May 12, 2012	Check-In 7:30 AM	TBA	Bob Pyeatt • 823-6467
	Competition: 1 Mile & 40K	Sun, May 13, 2012	Check-In 7:30 AM		
Dance (Albuquerque 50+ Idol)	Meeting:	Tue, Mar 13, 2012	2:00 PM	Los Volcanes Senior Center	Susan Rice • 880-2800
	Dress Rehearsal:	Mon, Apr 16, 2012	8:00 AM	South Broadway Cultural Center	
	Competition: Waltz, Jitterbug, Line, Country Western, Latin (Cha Cha & Tango), Polka	Tue, Apr 17, 2012	1:00 PM		
Field Events (Also see Track)	Competition: Discus, High Jump, Javelin, Shot Put, Pole Vault, Standing Long Jump, Running Long Jump	Fri, May 18, 2012	5:30 PM	Albuquerque Academy	David Salazar • 275-8731
Golf	Competition: Men's 18 Hole Scratch	Thur, May 10, 2012	Tee Times	Arroyo del Oso Golf Course	Bob Pyeatt • 823-6467
	Competition: Women's 18 Hole Scratch				
Horseshoes	Competition: Singles	Sat, May 5, 2012	10:00 AM	Los Altos Park	Jimmy Ortiz • 620-0775
Huachas	Practice/Competition: Singles & Doubles	Sat, Apr 21, 2012	9:00 AM	Bear Canyon Center	Susan Rice • 880-2800
Eightball Pool	Meeting: Players	Sat, Mar 10, 2012	10:00 AM	Doc & Eddy's	Rachael Rumschlag • 350-3251
	Competition: 8 Ball	Sat, Mar 10, 2012	10:30 AM		
Pickleball	Competition: Singles, Doubles	Fri–Sat, Apr 13–14, 2012	9:00 AM	Manzano Mesa Multigenerational Center	Bill Marshall • 417-9243
Racewalk	Competition: 5K Racewalk	Sun, Apr 22, 2012	8:00 AM	Alameda-N. Diversion Channel	Lenny Krosinsky • 250-2283
Racewalking	Competition: 1500 Meter Race Walk	Sat, May 19, 2012	9:00 AM	Albuquerque Academy	Marjorie Holmes • 255-3025
	Competition: 400 Meter Power Walk				
Racquetball	Clinics: see page 26			Midtown Sports & Wellness Club	Paula Sperling • 255-1771
	Competition: Singles, Doubles & Mixed Doubles	Thur, Mar 22, 2012	8:00 AM		
Recreation Events (Also see Field & Track)	Competition: Frisbee Accuracy Throw, Frisbee	Sat, May 8, 2012	9:00 AM	Albuquerque Academy	Walt Klinge • 299-4535
	Distance Throw, Soccer Kick, Softball Throw				
Roadrace	Competition: 10K and 5K Run	Sat, Apr 21, 2012	7:00 AM	ABQ International Balloon Fiesta Park	Susan Rice • 880-2800
Shuffleboard	Competition: Singles	Fri, Mar 23, 2012	9:00 AM	Manzano Mesa Multigenerational Center	Gladys Peltomaki • 836-8745
	Competition: Doubles	Sat, Mar 24, 2012	9:00 AM		
Softball (State only)			TBA		NM State Senior Olympics
Swimming	Warm-Up:	Sat, Mar 31, 2012	8:00 AM	West Mesa Aquatics Center	Tim Wilde • 269-0645
	Competition: Breaststroke: 50, 100, 200; Freestyle: 50, 100, 200, 500; Backstroke: 50, 100, 200; Butterfly: 50, 100; Indiv. Medley: 100 & 200 (4 Stroke, 1 Swimmer); Relay Medley: 100 (open strokes, 4 swimmers)		9:00 AM		
Table Tennis	Workshop:	Sat, March 24, 2012	9:00 AM	Bear Canyon Center	Marv Sommers • 846-6797
	Competition: Singles, Doubles, & Mixed Doubles	Sat–Sun, March 24–25, 2012	8:00 AM	North Valley Center	
Talent Show (Albuquerque 50+ Idol)	Mandatory Meeting:	Tue, Mar 13, 2012	2:00 PM	Los Volcanes Senior Center	Susan Rice • 880-2800
	Dress Rehearsal:	Mon, Apr 16, 2012	8:00 AM	South Broadway Cultural Center	
	Competition: Dance, Vocal Solo, Reading, Vocal Group, Band Contest, Instrumental, Comedy	Tue, Apr 17, 2012	1:00 PM		
Tennis	Competition: Singles, Doubles, & Mixed Doubles	Sat–Sun, May 5–6, 2012	8:00 AM	Jerry Cline Tennis Complex	Sam Sandoval • 880-2800
Track (Also see Field)	Competition: 100, 200, 400, 800, 1500 run; 400 coed M relay (2 men, 2 women); 400 & 800 M est. time	Sat, May 19, 2012	9:00 AM	Albuquerque Academy	David Salazar • 275-8731
Triathlon (State only)	Competition: Swim 400M, Cycling 20K, Road Race 5K	TBA		TBA	NM State Senior Olympics
Volleyball (State only)		TBA		NM Senior Olympics	Dora Gunkle 299-4867

2012 Albuquerque 50+ Games Entry Form

Make checks payable to the City of Albuquerque. Take registration to any City of ABQ Fitness Center see page 3 for locations. Or mail registration to:
Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110.

Deadline for entry is March 1, 2012 — NO EXCEPTIONS

Name: _____
Last First Middle

Address: _____
Street City

_____ State Zip County

Home Phone: _____ Work Phone: _____

Cell Phone: _____ E-mail: _____

Emergency Contact: _____ Emergency Contact Phone: _____
Name Relationship

Please print

Age: _____
as of December 31, 2011

☐ Male ☐ Female


Date of Birth: _____
Month _____ Day _____ Year _____

Are you a member of a center?
☐ YES ☐ NO

If yes, which center?
_____ expires _____

LIABILITY WAIVER

I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, their agents, employees, representatives and assigns, from any and all actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of injury arising out of my participation in the Albuquerque 50+ Games. I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition and I am physically able to participate in the events I have selected. I know of no physical restrictions which would prohibit my participation in the events I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque 50+ Games. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized pre-existing medical disorder which I may have, thereby resulting in serious or life-threatening harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Albuquerque 50+ Games.

☐ **By checking the box I agree to the following:** 

The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.

The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages for libel, slander, invasion of the right of privacy or any claims based on the use of said material.

REGISTRATION FEES

Deadline for entry is March 1, 2012, 5:00 pm

Registration Fee \$17.00 \$17.00
Includes t-shirt and awards

DSA membership (required) . . . \$13.00 \$ _____

ADDITIONAL FEES

BOWLING FEE is \$5.50 per event
Singles, Doubles, Team or Mixed Doubles
Number of Events x \$5.50 = \$ _____

GOLF FEE:
Men's and Women's Golf Fees
All ages 50+: Mandatory Cart is included.
Without Season Pass \$33.80 \$ _____
With Season Pass \$13.80 \$ _____

TRACK LATE FEES \$10.00 \$ _____

T-Shirt: Size _____

TOTAL AMOUNT ENCLOSED \$ _____

For information:
Palo Duro 50+ Sports & Fitness Center
3351 Monroe NE, Albuquerque, NM 87110
505-880-2800, email: asrice@cabaq.gov

Signature: _____ Date: _____

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque, Albuquerque 50+ Games, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, Albuquerque 50+ Games.

Team captains must fill out team roster on page 18



AIRGUN
☐ Pistol-Benchrest
☐ Pistol-Standing
☐ Rifle-Benchrest
☐ Rifle-Standing
Do you own your own gun? ☐Y ☐N

ARCHERY
☐ Recurve with sights
☐ Barebow recurve no sights
☐ Compound fingers w/ sights
☐ Barebow compound no sights
☐ Compound Release

BADMINTON
☐ Singles ☐ Doubles
Partner: _____
Must register separately

☐ Mixed Doubles
Partner: _____
Must register separately

BASKETBALL FREE THROW
☐ Best of 15 Throws

BASKETBALL 3 POINT SHOT
☐ Best of 5 Throws

BASKETBALL 3x3 (State Olympic event only)

BOWLING (Bowling fees)
☐ Singles ☐ Doubles
Partner: _____
Must register separately

☐ Mixed Doubles
Partner: _____
Must register separately

☐ Team Bowling

Bowling Team Name (4 members same sex) Each individual must complete a registration form and team captains must furnish a team roster.

CYCLING (Local cycling events are time trials.)
☐ 1 Mile ☐ 5K ☐ 10K
☐ 20K (Will be a road race at State and Nationals)
☐ 40K (Will be a road race at State and Nationals)

DANCE COMPETITION
Partner: _____
Must register separately

☐ Country Western
☐ Jitterbug
☐ Line Dancing (6-15 people)
☐ Polka
☐ Latin Dance
☐ Waltz
☐ Country Waltz

FIELD EVENTS
☐ Discus
☐ High Jump
☐ Javelin
☐ Pole Vault
☐ Running Long Jump
☐ Shot Put

FUN EVENTS
☐ Frisbee Accuracy Throw
☐ Frisbee Distance Throw
☐ Soccer Kick
☐ Softball Throw
☐ Standing Long Jump

GOLF
☐ 18 Hole Scratch
Scratch is played at N.M. State Senior Olympics and the National Senior Olympics. A NPS is required for Nationals.

USGA Handicap Cart Partner

HORSESHOES
☐ Singles

HUACHAS
☐ Singles

PICKLEBALL
☐ Singles ☐ Doubles
Partner: _____
Must register separately

☐ Mixed Doubles
Partner: _____
Must register separately

POOL
☐ Eightball

RACEWALKING
☐ 400M ☐ 1500M ☐ 5K

RACQUETBALL
☐ Singles ☐ Doubles
Partner: _____
Must register separately

☐ Mixed Doubles
Partner: _____
Must register separately

ROAD RACE
☐ 5K - Run ☐ 10K - Run

SHUFFLEBOARD
☐ Singles ☐ Doubles
Partner: _____
Must register separately

SOFTBALL (A State Olympic event only.)

SWIMMING (Limit 8 events)
☐ 200 Medley Relay
(4 coed swimmers for fun & warm up)
☐ 50 Free ☐ 100 Free
☐ 200 Free ☐ 400/500 Free
☐ 50 Backstroke ☐ 100 Backstroke
☐ 200 Backstroke
☐ 50 Breaststroke ☐ 100 Breaststroke
☐ 200 Breaststroke
☐ 100 IM ☐ 200 IM
☐ 50 Butterfly ☐ 100 Butterfly
☐ Group Aquatics Swim
Group Name _____

TABLE TENNIS
☐ Singles ☐ Doubles
Partner: _____
Must register separately

☐ Mixed Doubles
Partner: _____
Must register separately

TALENT SHOW (participants register separately.)
☐ Band
☐ Comedy
☐ Dance Solo
☐ Dance Group
☐ Instrumental
☐ Reading
☐ Vocal Solo
☐ Vocal Group
☐ Kitchen Band
Group Name: _____

TENNIS
☐ Singles ☐ Doubles
Partner: _____
Must register separately

☐ Mixed Doubles
Partner: _____
Must register separately

TRACK
☐ 50 Meter Run (local only)
☐ 100 Meter Run ☐ 200 Meter Run
☐ 400 Meter Run ☐ 800 Meter Run
☐ 1500 Meter Run
☐ 400 Meter Coed Relay
☐ 800 Meter Estimated Time
☐ 400 Meter Estimated Time

TRIATHLON(coed) state & nationals only

VOLLEYBALL (State Olympic event only)

2012 Albuquerque 50+ Games Team Roster

☐ Bowling ☐ Dance ☐ Talent Show ☐ 400 M Track Relay

Team Age ☐50+, ☐55+, ☐60+, ☐65+, ☐70+, ☐75+ (bowling ☐80+)

Team Name: _____

Team Captain: _____

Name

Address

Phone

Team Captains are responsible for filling out this form. Incomplete forms will disqualify the team. Each team member must also complete and sign an individual Albuquerque 50+ Games registration form on page 17.

If you have more than 7 team members attach a copy of this form. Additional forms are available online at www.cabq.gov. or at your local senior center.

Number of Team Members

Team Member 1: _____

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 2: _____

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 3: _____

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 4: _____

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 5: _____

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 6: _____

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 7: _____

Name

Phone

T-Shirt Size

Age

Date of Birth

Attention Athletes New Mexico State Senior Olympics

Las Cruces, New Mexico
July 25–29, 2012

2012 is a qualifying year to participate at the 2013 National Senior Games in Cleveland, Ohio, July 21–August 6

Early Bird Registration Deadline – \$45
by 5:00 pm May 31, 2012

Regular Registration Deadline – \$60
by June 15, 2012

Late Registration Deadline – \$75
by June 30, 2012

There will be no registrations accepted after this date.

Registration deadlines are subject to change until the NMSO Registration Book is released.

Athletes have 3 ways to register for the New Mexico Senior Olympics.

- **Register on line** at www.nmseniorolympics.org.
- **Mail your registration** directly to New Mexico Senior Olympics, Inc., PO Box 2690, Roswell, NM 88202-2690, 575-623-5777.
- **Turn your registration** and payment into the Palo Duro 50+ Sports & Fitness Center 3351 Monroe NE, Albuquerque, NM 87110, (505) 880-2800 by June 1, 2012. For this option, make your checks out to the City of Albuquerque.

PLEASE NOTE

You **MUST** compete in the same events at the Albuquerque 50+ Games to qualify to compete at New Mexico Senior Olympics. **Not All Events Are Offered at All Levels** so read your competition schedule carefully and plan accordingly.

NEW MEXICO SENIOR OLYMPICS

**Call New Mexico
Senior Olympics
office at
1-575-623-5777 for
information.**



Team competitions which include basketball, softball, and volleyball are New Mexico State Senior Olympics competitions only.

Sports and Fitness

a to z

**Call
880-2800**

Palo Duro 50+ Sports & Fitness Center or one of the event coordinators in the listings below, if you need more information on an activity/event.

The following pages contain a directory of classes, clinics, workshops, clubs, special events and practices available in the Albuquerque area through the Department of Senior Affairs, 50+ Sports & Fitness Program.

AIR GUN

ALBUQUERQUE 50+ GAMES Air Gun Competition

Saturday, March 17,
2012, 8:00 am
Eldorado High School
11300 Montgomery Blvd. NE.



For more information how you can learn to shoot an air gun, contact the 50+ Sports & Fitness Office 880-2800. This event will be a New Mexico Senior Olympics qualifying event. Coordinator: Dick Perry, 856-7008

Air Gun Workshop

Get ready for the Games. This workshop focuses on basic marksmanship principles and techniques with emphasis on position and firing procedures.

Saturday, March 3, 2012
8:00 am–12:00 pm
Eldorado High School



Air Gun Practices

For beginners interested in learning the sport of Air Guns or those that would like to hone their skills for competition.

Begins in January (by reservation)
Eldorado High School, Rifle Range

Contact: Major Jim Korber,
Senior Instructor, Eldorado High
School JR ROTC at 296-4871 or
Dick Perry at 856-7008.

Zia Rifle & Pistol Club

The Zia Rifle & Pistol Club promotes participation in shooting sports, with emphasis on safety.

Bear Canyon, Room 5
3rd Thursday, 7:00–9:00 pm
Grant A. Reel, President

ARCHERY

ALBUQUERQUE 50+ GAMES

Archery Competition

Saturday, April 28, 2012

9:00 am Sandia Crest

Bowhunters Association

Archery Range, Tijeras, NM



The competition is sponsored by the Sandia Crest Bowhunters Association. This event will be a New Mexico Senior Olympics qualifying event. Coordinators: Charlie Barns, 344-8644 and Tammy Bredy

BADMINTON

ALBUQUERQUE 50+ GAMES

Badminton Competition

Friday–Saturday

April 27–28, 2012,

10:00 am Manzano Mesa,
Gym, 501 Elizabeth SE



This event will be a New Mexico Senior Olympics qualifying event. Coordinators: Terry and Nan Lauritsen, 266-8237

Badminton Practice and Play

This fun sport provides an opportunity to participate in a program which is beneficial to both your physical and mental well-being. It also provides cardiovascular benefits, as well as weight-bearing exercise needed for musculoskeletal health. This is competitive badminton—a demanding sport.

Manzano Mesa, Gym
Monday, Friday, 1:30–4:00 pm
Tuesday, 6:00–9:00 pm

Wells Park Community Center, Gym
Tuesday & Thursday, 1:30–3:30 pm
Coordinators: Terry and
Nan Lauritsen, 266-8237

AQUATICS

Adapted Aquatics

Taught at the University of New Mexico Therapeutic Pool (92° water), participants are led through a series of range of motion exercises that will increase joint mobility and develop muscular strength. Van transportation is provided at a cost of \$0.50. The cost for the class is \$1.00. Punch cards are available for purchase in \$5.00 and \$10.00 increments.

University of New Mexico Therapy Pool
Monday–Friday, 1:00–2:00 pm



Vans transport from all 6 senior centers and 2 multi-generational centers on Monday, Wednesday, Friday, leaving at 12:15 pm. Tuesday & Thursday van leaves from Palo Duro 50+ Fitness Center. **Closures:** Nov. 24–25, 2011, Dec. 17, 2011–Jan. 3, 2012



For “**Compete & Meet**” events look for this logo
More information on page 12-13





BASKETBALL

NEW MEXICO SENIOR OLYMPICS

Basketball Competition

State competition only

NEW MEXICO
SENIOR
OLYMPICS

The New Mexico Senior Olympics will qualify athletes for the National Senior Olympics. Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics, 1-575-623-5777, www.nmseniorolympics.org, or the Palo Duro 50+ Sports & Fitness Center, 880-2800.

Open Basketball

Open/Drop-In Basketball is offered every day of the week (Mon.–Sat.) at the times listed below. Teams are formed as participants show up and sign in.

Manzano Mesa, Gym (E/W courts)
Monday, 11:00 am–1:00 pm, East
Monday, 11:45 am–1:30 pm, West
Monday, 7:00–9:00 pm, Both courts
Tuesday, 9:45 am–1:00 pm
Wednesday, 11:00 am–12:30 pm, East
Wednesday, 11:45 am–12:30 pm, West
Thursday, 11:00 am–1:00 pm
Friday, 11:00 am–1:00 pm, 7:00–9:00 pm
Saturday, 9:30 am–3:00 pm
 Saturday schedule subject to change

Senior Men's Basketball

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games. This is a good workout, with a lot of action and exercise.

Manzano Mesa, Gym (East Court)
Tuesday, 11:00 am–1:00 pm
Thursday, 11:00 am–1:00 pm

Albuquerque 50+ Women's Basketball Program

Canyonets Basketball Program
 Lynne Cavanaugh 856-7917
 E-mail: lynncavanaugh@msn.com

A League of Their Own

Ina Stewart 898-9568
 Lucy Padilla 897-2203
 E-mail: Ginger Rich,
bballjunqie@yahoo.com

Albuquerque 50+ Men's Basketball Program

Albuquerque 50+ Men's basketball program welcomes men over the age of 50.

Saturday, 7:00–10:00 am
 Sandia Prep High School
 Allen Wainwright, 350-1574

ALBUQUERQUE 50+ GAMES

Basketball Free Throw Competition

ABQ
50+
GAMES
PAGES 16-18

Saturday, March 10, 2012, 9:00 am
 Manzano Mesa, 501 Elizabeth SE

Contestants shoot 15 free throws in succession. The contestant who makes the most baskets is declared the winner. The free throw line for the women is 14 ft. and for men 15 ft.

ALBUQUERQUE 50+ GAMES

Basketball 3 Point Shot Competition

Held with the Free Throw Competition

Saturday, March 10, 2012, 9:00 am
 Manzano Mesa, 501 Elizabeth SE

Each contestant will shoot one shot from each of the five different pre-marked positions on the 3-point line beginning with the designated corner. The additional shot may be taken from any one of the 5 marked positions at the shooter's discretion. The contestant who makes the most baskets will be declared the winner.

This event will be a New Mexico Senior Olympics qualifying event.
 Coordinator: Bob Pyeatt, 823-6467

BOWLING

ALBUQUERQUE 50+ GAMES

Bowling Competition

Tuesday, Wednesday & Friday, March 6, 7, & 9, 2012, 8:30 am • 12:30 pm
 Leisure Bowl, 7400 Lomas NE

ABQ
50+
GAMES
PAGES 16-18

If you would like to bowl on a team or with a partner and you do not have one, please mark your request on your registration sheet.

This event is a New Mexico Senior Olympics qualifying event.
 Coordinator: Frank Vito, 256-1321



CROSS COUNTRY SKIING

See Winter Sports on page 6-7.



CYCLING

ALBUQUERQUE 50+ GAMES

Cycling Competition

Saturday–Sunday, May 12–13, 2012
 Check-in at 7:30 am
 Location TBA

ABQ
50+
GAMES
PAGES 16-18

This event will be a New Mexico Senior Olympics qualifying event.
 Coordinator: Bob Pyeatt, 823-6467

Cycling Workshop

Learn about Cycling. Topics covered are: training, preparing your bike, eating and drinking, warming up, time trial and road races.

Thursday, March 1, 2012
 1:00–2:00 pm

McKinley Community Center

To sign-up call 880-2800, for more info. contact Peter Stirbis at 299-8442.



Compete & Meet Games • see page 12

DANCE CLASSES

African Dance/Drum Class

This class incorporates various styles of African dance and drumming. The group is being recognized as a new form of entertainment, and is asked to perform at events. No experience necessary.

Manzano Mesa, Room 4
Tuesday, 2:15–3:30 pm
 Camilla Dodson

Ballroom/Latin/Swing Dance Beginning

Continuation from the beginning ballroom dance. Intermediate step patterns.

Bear Canyon, Social Hall
Thursday, 5:15–6:15 pm
 \$8 per person or \$14 per couple

Latin Ballroom Dance

Get into the Latin Dance craze with instruction in Rumba, Cha Cha, Salsa, Merengue, and Samba. Learning to dance socially is plain fun, so be prepared to enjoy the learning process and have a great time.

North Domingo Baca, Social Hall
Thursday, 7:00–8:00 pm
 \$40/mo. singles or \$65/mo. couples
 (4 classes, non-refundable), Rick Post

Wise Women Belly Dance

Get in touch with your inner beauty while getting a good work out. This gentle approach to this ancient art form can be enjoyed by women of all ages and abilities. Belly dance displays the strength and beauty of women of all sizes, ages, and shapes.

Manzano Mesa, Social Hall
Thursday, 5:45–7:00 pm
 Amaya

Clogging

“Clog” comes from a Gaelic word meaning time. Clogging originated in Appalachia and is done to all kinds of music from Western to WWII songs.

Manzano Mesa, Social Hall
Friday, 9:30–11:00 am
 Shirley Smith

Japanese Folk Dancing

An introduction to the culture and spirit of the “Land of the rising sun.”

Bear Canyon, Room 6
1st, 2nd & 4th Saturday,
 10:00 am–12:00 noon
 Natsuko Edelman

ALBUQUERQUE 50+ GAMES

Dance Competition Part of the Talent Show and Dance Competition

Includes country western, jitterbug, line dancing, polka, latin (cha cha and Paso Doble), waltz, and country waltz. To reserve your FREE tickets call the 50+ Sports & Fitness Office 880-2800.

Monday, April 16, 2012, 1:00 pm
South Broadway Cultural Center
 1025 Broadway SE

Mandatory Meeting for Competitors

Learn the rule changes for the Talent Show and Dance Competition. All competitors must be represented at this meeting. A mandatory 10 points will be deducted from anyone not present.

Tuesday, March 13, 2012, 2:00 pm
Los Volcanes 50+ Sports & Fitness Center, aerobics room

Mandatory Dress Rehearsal for Competitors

All competitors must be at the dress rehearsal in costume. A mandatory 10 points will be deducted from anyone not cooperating. This event will be a New Mexico Senior Olympics qualifying event.

Monday, April 16, 2012, 8:00 am
South Broadway Cultural Center
 Coordinator: Susan Rice

**Dance and Movement for Parkinson's**

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Movements customized for all abilities, free to members with Parkinson's.

North Valley, South Social Hall
1st & 3rd Thursday, 2:00–3:00 pm
 Joanie Carlisle

Salsa-Robics

For women and men. Relieve stress, improve flexibility and build stamina. The tempo and invigorating moves of the Cha Cha, Salsa/Mambo, and Samba combined with the intensity in which you approach the dance, makes this suitable for almost everyone. Wear comfortable clothes and shoes.

Los Volcanes, Social Hall
Thursday, 6:00–7:00 pm
Saturday, 9:00–10:00 am
 \$2, Elena Valencia

DOWNHILL SKI TRIPS

See Winter Sports on page 7.

**Questions about any of these programs?**

Call the host center,
 the event coordinator
 in the listing, or the
 50+ Sports and Fitness
 center at 880-2800

Line Dance

Great for people who love to dance but don't have a partner— Everyone learns the dance and dances in a line.

Barelas, Social Hall
BEGINNING: Virginia Garcia
Friday, 12:45–1:30 pm

Bear Canyon, Social Hall
BEGINNING: Clarada Hull
Thursday, 3:15–4:30 pm
INTERMEDIATE I: Clarada Hull
Tuesday, 3:00–4:30 pm
INTERMEDIATE II: Clarada Hull
Tuesday, 1:30–3:00 pm
ADVANCED: Clarada Hull
Tuesday, 1:30–3:00 pm

Highland, Social Hall
INTERMEDIATE 1: Maggie Bice
Wylene Santistevan
Tuesday, 1:30–3:00 pm

Los Volcanes, Social Hall
Tuesday, 9:15–10:15 am
 Jeanette C. Finegold
INTERMEDIATE: Jeanne Hendrix, \$1
Thursday, 9:00–10:00 am
Thursday, 10:00–11:00 am

Manzano Mesa, Social Hall
BEGINNING: Georgette Smith
Wednesday, 1:30–3:00 pm
INTERMEDIATE: Georgette Smith
Wednesday, 3:00–4:30 pm
INTERMEDIATE II: Wylene Santistevan
Friday, 1:30–3:00 pm
ADVANCED: Wylene Santistevan
Friday, 3:00–4:30 pm

North Valley, South Social Hall
BEGINNING: Mon., 1:00–2:00 pm

Palo Duro, Mesquite
ADVANCED: K. Tidy
Monday, 1:30–3:00 pm
2nd, 3rd, 4th Sat, 10:30 am–12:00
BEGINNING: K. Tidy
Monday, 3:15–4:30 pm
2nd, 3rd, 4th Sat, 9:00–10:30 am

North Domingo Baca, Social Hall
INTERMEDIATE: Georgette Smith
Tuesday, 5:45–7:30 pm
BEGINNING: Mary Garcia
Thursday, 1:00–2:15 pm

**Volunteer Today!!**

Call the RSVP
 Program

764-1616

Or call the 50+
 Sports and Fitness
 Program Office at
880-2800





EIGHT BALL POOL

ALBUQUERQUE 50+ GAMES

Eight Ball Pool Competition

Saturday, March 10,
2012, 10:00 am
Doc & Eddy's,
6040 Brentwood Ln NE

Doc & Eddy's is a neighborhood billiards club with a touch of class that you are sure to enjoy.

This event is a New Mexico Senior Olympics qualifying event.
Coordinator: Rachael Rumschlag, 350-3251

ABQ
50+
GAMES
PAGES 16-18



Eight Ball Pool at the Centers

A great way to visit and meet with friends. A variety of games are played at each center. Donation requested.

Barelas, Game Room
Monday–Friday, 8:00 am–12:00 noon

Bear Canyon, Billiards Room
Monday–Friday, 8:00 am–5:00 pm
Saturday, 9:00 am–3:00 pm

Highland, Billiards Room
Monday–Friday, 8:00 am–5:00 pm
Saturday, 10:00 am–4:00 pm

Los Volcanes, Billiards Room
Monday–Friday, 8:00 am–5:00 pm
Thursday, 8:00 am–7:00 pm
Saturday, 9:00 am–1:00 pm

North Valley, Billiards Room
Monday–Friday, 8:00 am–5:00 pm
Tuesday, 8:00 am–7:00 pm

Palo Duro, Game Room
Monday–Friday, 8:00 am–5:00 pm
Wednesday, 8:00 am–7:00 pm
Saturday, 9:00 am–1:00 pm

Eight Ball Pool Tournament

Put your billiards talents to use by joining us for an eight ball pool tournament. Space is limited. Pre-registration required.

North Valley, Billiards Room
Monday, February 6, 10:30 am
\$2.50 registration fee, register by Friday, January 27

EXERCISE

Aerobics

These fun, low impact aerobics classes combine energizing music with a routine designed to strengthen the cardiovascular system. For beginners to advanced exercisers, everyone works at their own pace. Burn calories and get a great workout.

Barelas, Social Hall
Tuesday, Friday, 9:15–10:15 am

Bear Canyon, Social Hall
Mon, Wed, Fri, 8:00–9:00 am

Highland, Social Hall
Mon, Wed, Fri, 10:00–11:00 am

Los Volcanes 50+ Fitness Center, Aerobic Room
Mon, Wed, Fri, 8:00–9:00 am
Mon, Wed, 4:15–5:15 pm

Manzano Mesa, Gym
Mon, Wed, Fri, 8:15–9:15 am

Palo Duro, Mesquite Room
Mon, Wed, Fri, 8:15–9:15 am

North Domingo Baca, Social Hall
Mon, Wed, Fri, 8:05–8:50 am

Body Fat vs. Muscle

The goal for optimal health is reducing body fat while increasing muscle. A home scale only measures weight. Visit one of our fitness facilities below for a free personal assessment.

Los Volcanes 50+ Sports & Fitness Center
3rd Wednesday
8:00–10:00 am, 5:00–7:00 pm

Manzano Mesa, Fitness Room
2nd Wednesday
8:00–10:00 am, 5:00–7:00 pm

N. Domingo Baca Fitness Center
4th Wednesday
8:00–10:00 am, 5:00–7:00 pm

Palo Duro 50+ Sports & Fitness Center
1st Wednesday
8:00–10:00 am, 5:00–7:00 pm

Drums Alive

A fitness class that joins the dynamic movement of aerobics with the pulsating rhythms of the drum.

North Domingo Baca, Social Hall
Wednesday, 4:30–5:30 pm
\$5, Marian Tarin

EnhanceFitness

This is an evidence based senior fitness class in which a three part assessment will be conducted for each participant. Class components include cardio, weight training and flexibility.

North Valley, Rooms 1 & 2
Monday, Wednesday, Friday
9:00–10:00 am
Karen Shore

North Domingo Baca, Social Hall
Monday, Wednesday, Thursday
10:15–11:15 am
Kathy Weaver

Fitball

Target and challenge core muscles with stabilizing and balance exercises. Increase strength, sculpt, define and tone your body.

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday & Friday, 10:20–11:20 am

Manzano Mesa, Gym
Tuesday, Thursday, 8:15–9:15 am
Nancy Misred, Janet Porter

Manzano Mesa, East Social Hall
Friday, 4:45–5:45 pm
\$2.50, Ann Owens

Flex & Tone

This class will work to elongate and strengthen your muscles to achieve increased flexibility, improve posture and develop a strong core. The class will start with fun music for a warm-up and will progress to mats for the conditioning portion of the class. Finish off with soothing and relaxing stretch.

Bear Canyon, Social Hall
Tuesday, Thursday, 8:00–9:00 am

Highland, Social Hall
Tuesday, Thursday, 10:00–11:00 am

Los Volcanes 50+ Sports & Fitness Center, Aerobics Room
Tuesday, Thursday, 8:00–9:00 am

North Domingo Baca, Social Hall
Tuesday, Thursday 8:05–8:50 am

North Valley, Social Hall South
Tuesday, Thursday 8:15–9:15 am

Palo Duro, Mesquite Room
Tuesday, Thursday, 8:15–9:15 am

WINTER SPORTS

Starting on Page 6 • Fitness, Day Trips, Competitions and More!

Gentle Exercise

This is a fun exercise class, performed primarily in a chair. The focus is on resistance training to build strength. Equipment such as small balls and bands are used to make the exercises interesting and challenging.

Barelas, Social Hall
Tuesday, Friday
10:15–10:45 am

Bear Canyon, Social Hall
Monday, Wednesday, Friday
9:15–10:15 am

Highland, Room 8
Monday, Wednesday, Friday
8:45–9:45 am

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday, Wednesday, Friday
9:10–10:10 am, 11:30–12:30 pm

Manzano Mesa, Gym
Monday, Wednesday, Friday
9:30–10:30 am

North Valley, Share Your Care
Tuesday
9:45–10:15 am

North Valley, Social Hall South
Thursday
9:45–10:15 am

Palo Duro, Mesquite Room
Monday, Wednesday, Friday
9:30–10:30 am

North Domingo Baca Fitness Center
Monday, Wednesday, Friday
9:15–10:15 am, 10:30–11:30 am

Gentle Stretch & Strengthen

This slow-paced class is appropriate for those new to stretching, to enhance a yoga or fitness practice, or recovering from surgery or illness.

Los Volcanes, Room 2
Friday, 9:30–10:40 am
Jody Ford

Back on Track

Burn fat, gain strength, build lean muscle mass, and improve cardio endurance with this fun class. This class has a little of everything from cardio to strength training to core conditioning. Change up your workout with this total body conditioning workout.

1 class per week for \$40 plus tax or 2 classes per week for \$75 plus tax.

Los Volcanes 50+ Sports & Fitness Center
Monday, Wednesday, 5:45–6:45 pm
Beginning April 2012
Jacquie Davis

North Domingo Baca Fitness Center
Tuesday, Thursday, 5:30–6:30 pm
Beginning March 2012
Marian Tarin, NASM *Certified Personal Trainer*

Palo Duro 50+ Sports & Fitness Center
Tuesday, Thursday, 5:45–6:45 pm
Beginning April 2012
Jacquie Davis

Get Fit Quick with Tabata Training

This fast-paced class combines cardio intervals with weight training to give you maximum calorie-burning benefits.

Manzano Mesa, Room 4
Thursday, 6:30–7:30 pm (begins 1/19)
Monday, 6:30–7:30 pm (begins 1/23)
\$40 1/week, \$75 2/week,
6 week class
Kathy Weaver, 803-6863

DANCE CLASSES
See page 21

Get Moving Aerobics

This group fitness cardio class incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

Manzano Mesa, Social Hall
Monday & Wednesday
5:00–6:00 pm
\$20 per month or \$2.50 per class
Ann Owens

Introduction to Aerobics

Do you feel like you have two left feet? Do you feel yourself watching exercise classes wishing you knew how to join in? This class is for you. Learn and gain confidence in the basics steps used in our popular aerobic classes.

Palo Duro 50+ Sports & Fitness Center
1st Tuesday, 11:00 am–12:00 noon
pre-registration required 880-2800

Kettlebells

A kettlebells workout challenges both the muscular and cardiovascular system with full range of motion movement that incorporate the core while working out major muscle groups. The rotational movements make it a unique and effective workout.

North Domingo Baca Fitness Center
Monday, Wednesday, 6:00–7:00 pm
Session 1: Oct. 17–Nov. 23, 2011
Session 2: Dec. 5, 2011–Jan. 11, 2012
Session 3: Jan. 23–Feb. 29, 2012
Session 4: March 12–April 18, 2012
Session 5: April 30–June 6, 2012
Session 6: June 18–July 25, 2012

\$125.00 plus tax.
Heidi Rothenberg, *Certified Russian Kettlebell Instructor (RKCII)*

Pilates

This practical class will focus on conditioning the body from the inside out. Learn the importance of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

Manzano Mesa, Room 4
Tuesday, 5:45–6:45 pm
\$20/4 classes
Kathy Weaver, 505-803-6863

North Valley, Social Hall South
Tuesday, 5:45–6:45 pm
\$3, Karen Shore

Palo Duro, Cottonwood
Wednesday, 5:30–6:30 pm
\$3, Karen Shore

Palo Duro 50+ Fitness Center
Pilates Reformer Machine Training
Call 880-2800 for class schedule

Turbo Kick

North Domingo Baca Fitness Center
Monday, Wednesday, 7:00–8:00 pm
Wednesday, 7:00–8:00 pm
\$5/class, Elizabeth Madrid



Wii Video Fitness, Yoga and Sports

The Wii is a truly unique and physically interactive experience. Customize your fitness workouts with the Wii Fit or come and play the Wii Sports program. Available upon request.

Los Volcanes 50+ Sports & Fitness Center
Call 839-3710

Palo Duro 50+ Sports & Fitness Center
Call 880-2800

N. Domingo Baca Fitness Center
Call 164-6496

Zumba® Gold Classes

Check out this fun new dance/aerobic class. Zumba is a fusion of Latin and international music creating a dynamic and exciting workout experience. No dance experience required.

Bear Canyon, Social Hall
Monday, 3:30–4:30 pm
\$3

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tuesday, 5:30–6:30 pm
\$3, Julie Stoffler

Manzano Mesa, Various Rooms
Monday, Wednesday, 10:45–11:45 am
Friday, 10:00–11:00 am
\$1, Therese & Cheryl Hallada

North Domingo Baca, Social Hall
Tuesday, Thursday, 9:00–10:00 am
\$1, Theresa Hallada

Zumba

North Domingo Baca
Mon, Wed, 9:00–10:00 am, Social Hall
\$2, Theresa Hallada

Monday, 4:30–5:30 pm, Community Rm
Saturday, 9:00–10:00 am, Social Hall
\$5, Marian Tarin

Friday, 1:00–2:00 pm, Social Hall
\$3, Jennifer Stern

Saturday, 1:00–2:00 pm, Social Hall
\$2, Jennifer Stern

FIELD EVENTS

See Track and Field page 28



GOLF

DSA Golf Tournament

The Department of Senior Affairs hosts a Golf Tournament every year.

Contact James Mader at North Domingo Baca Multigenerational Center 764-6475 for information.

ALBUQUERQUE 50+ GAMES

Golf Competition

Hosting both men and women's golf competitions. Participants will be called with their tee times, starting with men at 9:00 am. Green fees including carts will be \$33.80 for 18 holes.

Thursday, May 10, 2012
Arroyo del Oso Golf Course
7001 Osuna Rd NE

The tournament is a scratch event no handicap and will be a New Mexico Senior Olympics qualifying event.
Coordinator: Bob Pyeatt, 823-6467

ABQ
50+
GAMES
PAGES 16-18



HORSESHOES

ALBUQUERQUE 50+ GAMES

Horseshoe Competition

Horseshoes provides a means for people of all ages to enjoy good exercise while having fun.

Saturday, May 5, 2012, 10:00 am
Los Altos Park, 10130 Eubank NE

This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: Jimmy Ortiz, 620-0775

ABQ
50+
GAMES
PAGES 16-18

HUACHAS

ALBUQUERQUE 50+ GAMES

Huachas Competition

If you enjoy horseshoes, you will like pitching washers.

Saturday, April 21, 2012, 9:00 am
Bear Canyon Center
4645 Pitt NE

Competition will be in both doubles and singles. This event will be at the New Mexico Senior Olympics.
Coordinator: Susan Rice, 880-2800

ABQ
50+
GAMES
PAGES 16-18

HEALTHY LIVING

Manage Your Chronic Disease (MyCD)

Program Workshop

If you have (or care for someone with) a chronic health condition such as: diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health conditions, this is the workshop for you. Learn from specially trained group leaders with chronic health conditions themselves. Set goals and make a step-by-step plan to improve your health and your life. Put Life Back Into Your Life. Find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Free 6-week workshop
2.5 hour meetings

ALL MyCD Programs are Free of Charge

For more information visit:
<http://www.arthritisnm.org/myCD-program.html>

Pre-registration required: 880-2800

Free with Membership

Los Volcanes 50+ Sports and Fitness Center

Tuesday, 1:00–3:30 p.m.

January 17–February 21, 2012

March 13–April 17, 2012

May 8–June 12, 2012

September 11–October 16, 2012

Palo Duro

Thursday, 1:00–3:30 p.m.

January 19–February 23, 2012

March 29–May 3, 2012

May 17–June 21, 2012

September 6–October 11, 2012

North Domingo Baca

Tuesday, from 9:00–11:30 a.m.

January 17–February 21, 2012

March 13–April 17, 2012

May 8–June 12, 2012

September 11–October 16, 2012

Open Huachas

Also known as "Hillbilly horseshoes," this game is a physical game of skill much like horseshoes, but uses large metal washers that are pitched at a 3-inch hole in a 24 x 24 inch ground platform from 21 feet away. Players receive points based on how close their washers land to the hole. Try your hand at this new sport to the New Mexico Senior Olympics at our weekly practices.

Bear Canyon, Park
Friday, 10:00–11:00 am
(weather permitting)



Winter Sports
Starts on page 6

ICE HOCKEY

Ice Hockey Competition
See Winter Sports page 10.



MASSAGE

Chair Massage

Alleviate those aches with massage, increase circulation and relieve tightness.

Los Volcanes 50+ Sports & Fitness Center • Call 839-3710

Palo Duro 50+ Sports & Fitness Center • Call 880-2800

North Valley, Lobby
Tuesday, 5:00–7:00 pm
Wednesday, 9:30–11:30 am
75¢/min., Jacqueline Valdez, LMT.

Los Volcanes, Lobby
Tuesday, Thursday, 9:30–11:30 am
\$1/minute, Liz Blasingame, LMT.

Table Massage

Enjoy a full body massage while relaxing on a table!

Barelas, Lobby
Thursday, 9:30–11:30 am
Damian, LMT

OUTDOOR RECREATION
See page 6

RACEWALKING

ALBUQUERQUE 50+ GAMES

ABQ
50+
GAMES
PAGES 16-18

Racewalking Competition
5K Racewalk

Sunday, Apr 22, 8:00 am
Alameda—North Diversion Channel

The Albuquerque 50+ Games qualifying race for the New Mexico Senior Olympics.
Coordinator: Lenny Krosinsky, 250-2283

ALBUQUERQUE 50+ GAMES

ABQ
50+
GAMES
PAGES 16-18

Racewalking Competition
400 & 1500 meter

Racewalk at the Track & Field Competition

Saturday, May 19, 2012
Beginning at 9:00 am
Albuquerque Academy
6400 Wyoming NE

This event will be a New Mexico Senior Olympics qualifying event.
Coordinators: Lenny Krosinsky, 250-2283 and Marjorie Holmes, 255-3025



PICKLEBALL

Pickleball is played with a perforated plastic ball and wood or composite paddle on a badminton court with the net lowered to 34 inches. "It resembles tennis and table tennis on a badminton court."

ALBUQUERQUE 50+ GAMES

Pickleball Tournament

Friday–Saturday
April 13–14, 9:00 am
Manzano Mesa, 501 Elizabeth SE

The divisions will be singles, doubles and mixed. This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: Bill Marshall, 417-9243

ABQ
50+
GAMES
PAGES 16-18

COMPETE & MEET

Doubles Pickleball Tournaments
page 11

COMPETE & MEET
GAMES
PAGES 12-13

Open Pickleball

Times are subject to change from summer to winter.

Bill Marshall, 417-9243

Barelas, Social Hall
Monday, Wednesday, 9:30–11:15 am

Manzano Mesa, Gym
Thursday, 2:00–4:00 pm
Saturday, 9:00–11:00 am

Los Altos Park
Outdoors anytime

Los Padillas Community Center, Gym
Friday, 6:00–8:00 pm

Los Vecinos Community Center, Outdoors
Monday, Thursday, 9:00–11:00 am

Los Volcanes, Social Hall
Monday, Wednesday, Friday,
9:30–11:00 am
Monday, 12:30–3:00 pm

Bernalillo Rec. Center, Gym
Tuesday, Thursday, 6:00–8:00 pm
March–October, Outdoors anytime

Paradise Hills Community Center
Monday–Friday 10:00 am–12:00 pm
Outdoors anytime

Rayond G. Sanchez Community Center
Tuesday, Wednesday, 1:00–3:00 pm
Outdoors anytime

Roosevelt Middle School, Gym
Tuesday, Thursday, 6:00–8:00 pm
Saturday, 9:00 am–12:00 pm
Sunday, 1:00–3:00 pm

Zuni Courts
Outdoors anytime

Pickleball Training Manzano Mesa, Gym
Tuesday, Thursday, 9:15–11:00 am



Racewalking

Racewalking appeals to many people because they can successfully participate in it and enjoy doing a sport! Try it for yourself and see how much fun an activity you have been doing on a basic level all your life can be.

The 2011–2012 New Mexico Racewalkers weekly training at Tingley Beach, Saturday, 8:00 am

If you are interested in learning how to racewalk, participate in racewalking, or would like to join the practices, call Lenny Krosinsky, past President of the N.M. Racewalkers at 250-2283, Lenny's e-mail at lennykro@aol.com or visit www.newmexicoracewalkers.org.

RACQUETBALL



ALBUQUERQUE 50+ GAMES

Racquetball Competition

Thursday, March 22,
8:00 am, hosted by
Midtown Sports & Wellness
4100 Prospect Ave. NE.

This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: Paula Sperling, 888-4811

ABQ
50+
GAMES
PAGES 16-18

Racquetball Clinics

Open to the public, these low cost clinics are for all playing levels—beginners to advanced. Each session includes safety tips, rules, stroke mechanics, strategy and playing time. What better way to improve your performance at the Albuquerque 50+ Games Racquetball Tournament!

Midtown Sports & Wellness Clubs

Thursday, 10:00 am–12:00 pm

January 5–February 9, 2012

February 16–March 15, 2012

March 29–May 3, 2012

May 17–June 21, 2012

July 5–August 9, 2012

August 23–October 4, 2012

October 18–November 15, 2012

November 29–December 27, 2012

\$20 Sports & Wellness Members

\$40 Non-Members

Individual classes are \$10. Players can join at anytime. Cost is prorated based on the number of sessions attended. Information: Paula Sperling at Midtown 888-4811.



SHUFFLEBOARD

Did you know that shuffleboard originated as shovelboard in which players used broom-shaped paddles and was gambled over by King Henry VIII? We've come a long way to the deck shuffleboard we play today.

ALBUQUERQUE 50+ GAMES

Shuffleboard Competition

Friday–Saturday,
March 23–24, 9:00 am
Manzano Mesa, 501
Elizabeth SE

This event is a New Mexico Senior Olympics qualifying event. Coordinator: Gladie Peltomaki, 764-6436

ABQ
50+
GAMES
PAGES 16-18

SOFTBALL

NEW MEXICO SENIOR OLYMPICS

Softball

Competitions

State competition only

NEW MEXICO
SENIOR
OLYMPICS

The New Mexico Senior Olympics will qualify athletes for the National Senior Olympics. Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics, 1-575-623-5777, <http://www.nmseniorolympics.org>, or contact the Palo Duro 50+ Sports and Fitness Center, 880-2800.

ROADRACE



ALBUQUERQUE 50+ GAMES

Roadrace 5K and 10K Competition

This is an invitation to all the weekend runners to get recognition for your hard work.

Saturday, April 21, 7:00 am

Albuquerque International Balloon Fiesta Park,
5000 Balloon Fiesta Parkway NE

This event is a New Mexico Senior Olympics qualifying event. In addition, the 5K and 10K will run concurrently; so you will have a chance to qualify in both races on the same day! Both races start together. The 5K time will be recorded. If you want to receive a time in the 10K you just keep going to the 10K finish. Coordinator: Susan Rice, 880-2800

ABQ
50+
GAMES
PAGES 16-18

Silver Shufflers

When was the last time you had a good, competitive game of shuffleboard? Come join this group for an afternoon of fun and excitement.

Barelas, Social Hall
Monday, 2:30–4:30 pm

Manzano Mesa
Tuesday, 1:00–4:00 pm

Wells Park Community Center
Monday, 9:00–11:30 am

\$1 donation

Information: Betty Piatt 922-6375

Scott Heron 299-7768

E-mail: boogie921@juno.com

Website: www.senior-sports.org

SNOWSHOEING TRIPS

See Winter Sports page 7.



Men's Softball

Practices begin in February with league play held on Tuesday and Thursday mornings from April to September.

Bear Canyon 65+ League

Chuck Halverson, 821-2749

Palo Duro

Papa Murphy's Team

Marc LaChey, 275-2331

Women's Softball (League Play)

The City of Albuquerque Parks and Recreation Dept. and the NM Senior Sports Foundation are establishing a separate 50+ senior women's league.

Information, contact the City Sports Office at 291-6239 or the NM Senior Sports Foundation at 299-7768 or visit the website at www.senior-sports.org.

Silver Gloves

Women age 50 and over are welcome to join. Practice and tournaments are held throughout the year.

Information contact

Connie Dayton 980-2391

E-mail: silvergloves@yahoo.com

Website:

http://www.senior-sports.org/Silver_Gloves_-_Home.html

See page 21
for a wide variety of dance opportunities

SWIMMING

ALBUQUERQUE 50+ GAMES

Swimming Competition

Saturday,
March 31, 2012
Warm-up beginning at
8:00 am, meet begins at 9:00 am
West Mesa Aquatic Center,
6705 Fortuna Road NW



This event is a New Mexico
Senior Olympics qualifying event.
Coordinator: Tim Wilde, 269-0645

Group Aquatics Competition

Call 880-2800, to enter your team.

New exhibition sport for the
New Mexico Senior Olympics

COMPETE & MEET

Swim Workshop

Other Compete and
Meet events, page 11.

**Recreational Swimming**

The City of Albuquerque, Parks and
Recreation Department offers recre-
ation swimming, water exercise, swim-
ming lessons and lap lane times.

For fees and info. call the Parks and Rec.
Dept. at 768-5300, one of the following
pools, or visit www.cabq.gov/aquatics.

Lap Swim**Highland Pool**

400 Jackson SE, 256-2096

Monday–Friday, 6:00–8:00 am,
11:45 am–1:15 pm, 6:00–8:00 pm
Saturday–Sunday, 12:00–1:00 pm

Los Altos Pool

10100 Lomas NE, 291-6290

Monday–Friday, 6:00–10:00 am,
11:30 am–1:30 pm, 6:00–7:00 pm
Saturday–Sunday, 11:00 am–1:00 pm

Sandia Pool

7801 Candelaria NE, 291-6279

Monday–Friday, 6:00–8:00 am,
6:00–8:00 pm
Saturday–Sunday, 11:00 am–1:00 pm

Valley Pool

1510 Candelaria NW, 761-4086

Monday–Friday, 6:00–8:00 am,
6:00–8:00 pm
Saturday–Sunday, 12:00–4:00 pm

West Mesa Aquatic Center

6705 Fortuna Rd. NW, 836-8718

Monday–Friday, 6:00–8:00 am,
6:00–8:00 pm
Saturday–Sunday, 12:30–2:30 pm,
3:00–5:00 pm

TABLE TENNIS

ALBUQUERQUE 50+ GAMES

Table Tennis Competition

Saturday–Sun,
March 24–25, 8:00 am
North Valley Center
714 7th St. SW



This event will be a New Mexico
Senior Olympics qualifying event.
Coordinator: Marv Sommers, 846-6797

ALBUQUERQUE 50+ GAMES

Table Tennis Workshop

Review rule changes and
regulations and receive
instruction to improve your game.

**Bear Canyon**

Saturday, March 24, 2012

9:00 am • Free

Instructor: Marv Sommers, 846-6797

Table Tennis Practice and Play

Since its inception in 1880s England
as an after-dinner amusement for
upperclass Victorians, this sport has
grown into an international favorite.
Originally, a line of books served as the
net, a champagne cork or knot of
string as the ball, and a cigar box lid as
the racket. Come see how it has
evolved!

Barelas, Social Hall

Thursday, 1:00 pm–3:00 pm

Bear Canyon, Social Hall

(subject to change)

Monday, Friday, 1:30–3:30 pm

Wednesday, 10:15–11:00 am

Thursday, 9:30–11:00 am

Saturday, 9:00–11:00 am,
1:00–3:00 pm

Los Volcanes, Social Hall

Tuesday, 1:30–5:00 pm

Palo Duro, Mesquite Room

1st Saturday, 9:30–10:30 am

2nd, 3rd & 4th Saturday,
9:30–11:30 am

North Valley, Social Hall

Monday, 2:00–5:00 pm (upon
request)

Manzano Mesa, Game Room

Monday–Friday, 8:00–9:00 am

Saturday, 9:00–3:00 pm



TALENT SHOW

ALBUQUERQUE 50+ GAMES

2012 Talent Show

Part of the
Talent Show
and Dance Idol
Competition



Categories include: band, kitchen
band, instrumental, vocal, dance, com-
edy and reading. Seating is limited for
this popular show and tickets are
required. To reserve your FREE tickets
call the 50+ Sports & Fitness Office
880-2800.

Tuesday, April 17, 1:00 pm
South Broadway Cultural Center
1025 Broadway SE

Mandatory Meeting for Competitors

Learn the rule changes for the Talent
Show and Dance Competition. All
competitors must be represented at this
meeting. A mandatory 10 points will
be deducted from anyone not present.

Tuesday, March 13, 2:00 pm
Los Volcanes 50+ Sports & Fitness
Center, aerobics room

Mandatory Dress Rehearsal for Competitors

Monday, April 16, 8:00 am

All competitors must be at the dress
rehearsal in costume. A mandatory 10
points will be deducted from anyone not
attending. This event will be a New
Mexico Senior Olympics qualifying event.
Coordinator: Susan Rice, 839-3710.

TENNIS

ALBUQUERQUE 50+ GAMES

Tennis Tournament

You don't have to be Pete
Sampras to enjoy playing in our
Albuquerque 50+ Games tournament.



Sat.–Sun., May 5–6, 8:00 am
Jerry Cline Tennis Complex
7205 Constitution NE

Athletes will compete in Singles,
Doubles and Mixed Doubles. This event
will be a New Mexico Senior Olympics
qualifying event. Coordinator: Sam
Sandoval, 880-2800

Tennis Ball Machine

For players looking for extra practice.
Players may reserve the machine up to
two days in advance and the cost for an
hour is \$8 which includes the court fee.

Sierra Vista Tennis Ctr., 897-8815
Jerry Cline Tennis Ctr., 848-1381

USTA Adult League

The Northern New Mexico District
Tennis Association provides leagues for
Adults, Seniors, and Super Seniors. The
Adult season is scheduled for approxi-
mately 12 weeks when daylight savings
time begins. Matches are scheduled from
10:00 am–6:00 pm weekends, and 6:00
pm weekdays, Monday– Friday. Seniors
and Super Seniors are played in the fall
beginning in September and matches
are on weekends for seniors and during
the week for the Super Seniors. Levels of
play range from 2.5 through 5.0.

Interested players may call Jud Lee at 505-
263-2264, nmtaleagues@gmail.com

EXERCISE CLASSES

See page 22

TRACK

ALBUQUERQUE 50+ GAMES

Track & Field Competition

Saturday, May 19, 2012
Events begin at 9:00 am
Albuquerque Academy
6400 Wyoming NE

ABQ
50+
GAMES
PAGES 16-18

This event is a New Mexico Senior Olympics qualifying event.
Coordinator: Kristy Perez, 761-8306 and David Salazar 275-8731

COMPETE & MEET GAMES

Track & Field Workshop

COMPETE & MEET
GAMES
PAGES 12-13



WEIGHT TRAINING

See page 31

TRIATHLON

NEW MEXICO SENIOR OLYMPICS

Triathlon

State competition only

NEW MEXICO
SENIOR
OLYMPICS

There is no triathlon event at the Albuquerque 50+ Games.

To qualify to compete in the Triathlon competition at the 2012 New Mexico Senior Olympics, you must compete in one of the triathlon disciplines in the 2012 Albuquerque 50+ Games (Track, Cycling or Swimming). Info: NM Senior Olympics, 1-575-623-5777, www.nmseniorolympics.org, or Palo Duro 50+ Sports & Fitness Center, 880-2800.

VOLLEYBALL

NEW MEXICO SENIOR OLYMPICS

Volleyball Competition

State competition only

NEW MEXICO
SENIOR
OLYMPICS

The New Mexico Senior Olympics will qualify athletes for the National Senior Olympics. Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics, 1-575-623-5777, <http://www.nmseniorolympics.org>, or contact the Palo Duro 50+ Sports and Fitness Center, 880-2800.

Volleyball Pick-up Games

Join the 50+ volleyball players for drop-in volleyball matches.

Wells Park Community Center, Gym
Monday, 6:00–8:00 pm
Instructor: Dora Gunkel

Wilson Middle School, Gym
Saturday, 9:30 am–12:00 noon (Sept–Dec)
Instructor: Dora Gunkel

Manzano Mesa, Gym
Monday, Friday, 5:00–7:00pm
Thursday, 6:00–9:00pm

Senior Volleyball
Manzano Mesa, Gym
Saturday, 11:30–2:50pm

EASTERN TRADITIONS

Nia Technique

The Nia Technique™ draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, and super fun workout that is challenging and stimulating, yet easy to follow. We dance in our bare feet so we build strength from the ground up.

North Valley, Rooms 1 & 2

Tuesday, 5:45–6:45 pm

BEGINNING JAN 10

\$7 or \$30/5 classes

Elizabeth Cervantes

Highland, Room 8

Saturday, 10:15–11:15 am

\$7 or \$30 for a five-week class card

Elizabeth Cervantes

Highland, Room 8

Thursday, 11:15 am–12:15 pm

\$7 or \$30 for a five-week class card

Michele Diel

North Domingo Baca, Social Hall

Tuesday, Friday, 10:15–11:15 am

\$5, Peggy McClain

Yoga

These classes combine core management methods with mind/body/breath discipline to reduce physical and mental stress and lengthen muscles. Yoga will improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

Barelas

Monday, Thursday, 9:15–10:45 am

Dolly Sanchez

Bear Canyon, Room 6

Thursday, 2:30–4:00 pm

Friday, 1:30–3:00 pm

Kae Sumrall

Highland, Room 7

Wednesday, 1:15–2:45 pm

Los Volcanes 50+ Sports & Fitness Center, Aerobics Room

Saturday, 8:00–9:30 am

\$3, Kathy Crisp

Manzano Mesa, East Social Hall

Monday, 6:15–7:00 pm

\$25 per month, Ann Owen

North Domingo Baca, Classroom 1

Monday, 5:45–6:45 pm

Tuesday, 12:45–2:15 pm

\$5, 1st class free, Lori Allison

Saturday, 9:00–11:00 am,

12:00–1:00 pm

\$5, Misa Romero

Beginners Yoga

Manzano Mesa, Social Hall

Monday, 6:15–7:15 pm

Ann Owens

Yoga, Chair

Focus on alignment, breathing, relaxation, and core awareness while gently opening up the body, increasing strength, flexibility, mobility and building bone density.

Bear Canyon, Room 1

Wednesday, 8:45–9:45 am

\$5, Lori Allison, RYT

Los Volcanes, Room 2

Friday, 10:00–11:00 am

\$4, Maebi Richards

Highland, Room 8

Friday, 10:00–11:00am

\$10, Lori Allison, RYT

Yoga, Dahn

Los Volcanes, Room 2

Thursday, 2:00–3:00 pm

\$5, Lynn Alexander

North Valley, Room 1 & 2

Tuesday, Thursday, 3:00–4:00 pm

\$3, David Plummer

Yoga Dance Fusion

Yoga Dance Fusion is a fun synergy of easy yoga, simple dance movements, free dance, and laughter.

Los Volcanes 50+ Sports & Fitness Center, Aerobics Room

Wednesday, beginning January 5, 2012, 2:45–4:00 pm

\$4, Jody Ford

Yoga, Hatha

Gentle yoga with an emphasis on stretching and breathing.

Los Volcanes, Room 2

Monday, 2:00–3:00 pm

\$5 per class, Maebi Richards

Yoga, Hatha-Plus

This class combines Hatha yoga and core body work.

Manzano Mesa, Room 5

Friday, 9:00–10:00 am

Janet Porter

Yoga, Hatha—Qi Gong

Practice breathing and Hatha yoga postures. Breathing revitalizes the brain and internal organs with oxygen, and postures keep the spine supple and healthy. This class will help lower your blood pressure and calm nerves.

Manzano Mesa, Room 5

Wednesday, 9:00–10:00 am

Dee Cappelle



Yoga—Kundalini

Kundalini, an electric, fiery, occult life force, is a spiritual power that brings in energy, expands the mind, and opens new thinking.

Manzano Mesa, Room 4
Wednesday, 10:00–11:00 am
 Lucille Mulcahy

Gentle Yoga, Beginner Series

Increase your range of motion and improve muscle tone. Gentle yoga, relaxation, breathing, and simple meditations will be explored and support equipment will be utilized. This class is for anyone new to yoga or desiring a slower paced adaptive class.

Los Volcanes, Room 2
Tuesday, 3:00–4:15 pm
 Call 836-8745 for dates
 \$5/class or \$35/class card
 Leslie E. Gomez

Beginners Flow Yoga

We link gentle yoga postures with music through movement and breath, but at a slow pace to build mindful presence, awareness and gently challenge the body. This class is slow and relaxed, yet strong and stabilizing.

Los Volcanes, Room 2
Tuesday, 3:00–4:15 pm
 Call 836-8745 for dates
 \$5/class or \$35/8 class card
 Leslie E. Gomez

Progressive Beginner Series

For students who have some yoga experience or have a home practice and are in good health. We continue to explore in grounding and extension, mobilizing the core muscles, working with breathing, and deepening poses. There will be a focus on alignment and some partner work.

Los Volcanes, Room 2
Saturday, 9:30–10:45 am
 Call 836-8745 for dates
 \$5/class or \$35/8-class card

Laughter Yoga

Come laugh your way to good health! Class incorporates laughter exercises and yogic breathing that combine to reduce stress and promote well-being.

Los Volcanes, Room 2
Friday, 10:00–11:00 am
 \$5, Maebe Richards

Chi Basics

Class combines seated and standing exercises that are gentle, simple and repetitive in nature and suitable for people of all ages. Care and attention is given to personal limits, comfort zone, and medical needs.

North Domingo Baca, Classroom 1
Thursday, 10:00–11:00 am
 \$5, Diane Chase

T'ai Chi

A holistic way to health and happiness based on the gentle movements presented in a unique way for healing mind and body and engaging the spirit.

Los Volcanes, Room 2
Wednesday, 12:00 noon–1:00 pm
 \$3, Jim Dell

Manzano Mesa, Room 5
Tuesday, August 2–September 20,
1:00–2:15 pm
 \$5, Master Yuan Hsing Chen

T'ai Chi Chih

T'ai Chi Chih is a series of easy, gentle movements that balance the internal energy (Chi). It is often called a moving meditation and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress blood pressure and weight.

Palo Duro, Aspen Room
BEGINNING: Wednesday,
4:30–5:30 pm
CONTINUING: Wednesday,
5:45–6:45 pm
 Oct 19–Dec 14 (No Class Nov 23);
 Jan 11–Feb 29; Mar 7– May 2 (no
 class Mar 21); May 9 – June 27
 \$60/8 week session
 Marilyn Irvin, Certified Instructor

Manzano Mesa
BEGINNING: Tuesday, 5:30–6:30 pm
 Nov 15–Jan 3; Jan 10–Mar 6; Mar
 13–May 1; May 8–June 26
 \$60/8-week session
 Register: Marilyn Irvin 504-4942

PRACTICE: Bear Canyon, Room 3
Wednesday, 11:30 am–1:00 pm
 Mary Moriarty

Bear Canyon, Room 5
Wednesday, 3:45–4:30 pm

Highland, Room 7
Friday, 9:00–10:00 am, Self-directed

DANCE CLASSES

See page 21

T'ai Chi Ch'uan

A form of martial arts, that provides a cardiovascular workout and improves balance.

Barelas, Social Hall
Wednesday, 9:30–10:00 am
 Master Dug Corpolongo

Bear Canyon, Social Hall
Thursday, 9:30–11:00 am
 John Young

Manzano Mesa, Room 4
Tuesday, 9:30–10:30 am
 Master Dug Corpolongo

Palo Duro, Ponderosa Pine
Friday, 9:30–10:30 am (not meeting
 first Friday of every month)
 Sifu Dug Corpolongo

North Domingo Baca, Classroom 1
Tuesday, Thursday, 6:00–7:00 pm
 \$3, Curt Hartesen

North Valley, Room 1 and 2
Monday, 9:30–10:30 am
 Doug Cortolongo

BEGINNING
Bear Canyon, Social Hall
Saturday, 11:30 am–1:00 pm
 Sept 27–June 16, 2012
 No sign up required
 John Young

DISCUSSION GROUP
Bear Canyon, Room 1
Tuesday, 1:00–2:30 pm
 John Young

Highland, Room 8
Thursday, 9:30–10:30 am
 Master Dug Corpolongo

Korean Tai Chi
**Los Volcanes 50+ Sports &
 Fitness, Aerobics Room**
Saturday, 10:00–11:00 am
 Lynn Alexander



SELF DEFENSE

Aikido

A non-aggressive style of martial arts working on the principle "do not fight force with force". Redirect the attacker's energy and use it to your favor.

Los Volcanes 50+ Sports & Fitness Center
Tuesday, Friday, 3:45–5:00 pm
 Charles Watkins, 920-4180

Manzano Mesa, Various Rooms
Monday, 7:00–8:00 pm
Tuesday, 7:00–8:00 pm
Saturday, 1:15–2:45 pm
 Charles Watkins, 920-4180

North Domingo Baca
Thursday, 4:30–5:30 pm
Friday, 6:00–7:30 pm
Saturday, 9:15–10:30 am,
 10:30–11:30 am
 Charles Watkins

All-Star Youth Karate

For ages 4–16, this karate/self defense program covers martial art techniques, emphasizing self-defense and child safety awareness.

Manzano Mesa, East Social Hall
Wednesday, 6:00–9:00 pm
 David Vigil, to register: 899-1666

Kendo Kai

A Japanese martial art of fencing.

Manzano Mesa, East Social Hall
Friday, 6:00–8:00 pm
 Davis Begay

Iron Olympian Karate

Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

Manzano Mesa, Room 3
Tuesday, Wednesday, 6:00–8:00 pm
 Chris Nowak

Karate/Self Defense

Classes include training in self defense, basic karate forms and katas (Okinawan self defense dancing movements) and are structured for people who may have some physical limitations or movement issues. Improve self confidence, physical performance and overall health.

Los Volcanes, Room 2
Friday, 12:00–2:00 pm
 Denis Rosenberg

Personal Defense Club, Close Quarter Combat

Provides a place to learn, teach and practice personal fighting skills. It is not associated with any traditional Asian art or sport.

Manzano Mesa, Room 4
Tuesday, 7:30–9:00 pm
 \$10 per month, Dr. Sean Ross

PAGES
6–8

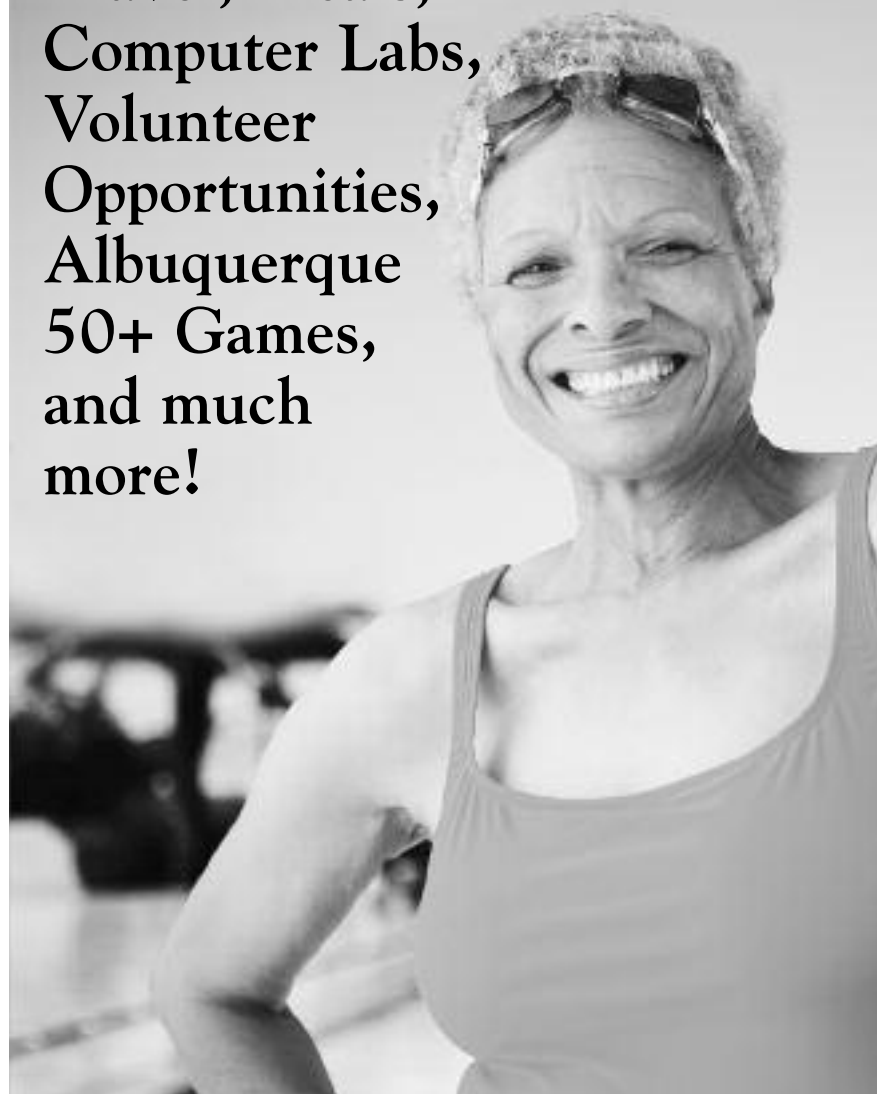
OUTDOOR RECREATION

Winter Sports • Hiking • Walkabouts
Kayaking • Paddleboard



**Membership entitles
you to a world of
opportunities.
Here are just a few...**

**6 Centers, 2 Fitness Centers,
2 Multigenerational Centers,
Fitness Programs, Classes,
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Computer Labs,
Volunteer
Opportunities,
Albuquerque
50+ Games,
and much
more!**



**Center memberships are
only \$13 a year!**



CITY OF ALBUQUERQUE

BERNARDINO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



Weight Training at Our Centers

WEIGHT TRAINING

Weight Training Orientations

Weight training will keep you feeling and looking great. Not only will weight training give you more energy, but also increases muscle tone and bone density. Join one of our free orientations where we instruct on the fundamentals of weight training.

Los Volcanes 50+ Sports & Fitness Center
Call 839-3710 for appointment

Manzano Mesa, Fitness Room
Call 275-8731 for appointment

North Domingo Baca, Fitness Room
Call 764-6496 for appointment

Palo Duro 50+ Sports & Fitness Center
Call 880-2800 for appointment

FITNESS FACILITIES

Our fitness facilities are equipped with strength training and cardio equipment. A \$13 per year membership fee entitles you to full privileges. There is a contribution of 50¢ per visit. Free equipment orientations are available by appointment.

Los Volcanes 50+ Sports & Fitness Center
839-3710, 6500 Los Volcanes, NW

Manzano Mesa, Fitness Room
275-8731, 501 Elizabeth, SE
(18 years of age and older)

Palo Duro 50+ Sports & Fitness Center
880-2800, 3351 Monroe, NE

North Valley, 761-4025
3825 Fourth Street, NW

North Domingo Baca, Fitness Room
764-6496, 7520 Carmel, NE
(18 years of age and older)

GROUP WEIGHT TRAINING CLASSES

Basics with Free Weights

For novice lifters to learn safe and proper free weight lifting techniques to be used as an alternative, or in conjunction with workout machines.

Los Volcanes 50+ Sports & Fitness Center
Call 839-3710
for schedule



Weight Training Group Class

Group weight training will teach you how to properly use free weights, bands and much more. In addition, this class will give you a personal library of exercises to work with for all your future workouts. Class sessions last for 6 weeks. Call the instructor or the facility for class schedule.

North Domingo Baca Fitness Center
Tuesday, Thursday, 12:00–1:00 pm or 4:15–5:15 pm
\$150 plus tax
Marian Tarin, 620-3715
NASM Certified Personal Trainer

Session 1: Oct. 11–Nov. 17, 2011
Session 2: Nov. 29, 2011–Jan. 5, 2012
Session 3: Jan. 17–Feb. 23, 2012
Session 4: Mar. 6–Apr. 12, 2012
Session 5: Apr. 24–May 31, 2012
Session 6: June 12–July 19, 2012
Session 7: July 31–Sep. 6, 2012

Palo Duro 50+ Sports & Fitness Center
\$150 plus tax/6 week session
Aaron Bubbico, 750-3217
ACE Certified Personal Trainer
Web address: aaronbubbico.com
e-mail: aaronbubbico@gmail.com

Tuesday, Thursday, 10:00–11:00 am
Session 1: Sept. 27–Nov. 3, 2011
Session 2: Nov. 8–Dec. 15, 2011
Session 3: Dec. 20, 2011–Jan. 26, 2012
Session 4: Jan. 31–Mar. 8, 2012
Session 5: Mar. 13–Apr. 19, 2012
**Repeats the very next week*

Tuesday, Thursday, 11:00 am–12:00 pm
Session 1: Oct. 4–Nov. 10, 2011
Session 2: Nov. 15–Dec. 22, 2011
Session 3: Dec. 27, 2011–Feb. 2, 2012
Session 4: Feb. 7–Mar. 15, 2012
Session 5: Mar. 20–Apr. 26, 2012
**Repeats the very next week.*

Monday, Wednesday, 5:30–6:30 pm
Session 1: Oct. 3–Nov. 9, 2011
Session 2: Nov. 14–Dec. 21, 2011
Session 3: Dec. 26, 2011–Feb. 1, 2012
Session 4: Feb. 6–Mar. 14, 2012
Session 5: Mar. 19–Apr. 25, 2012
**Repeats the very next week.*



2011-2012 Calendar at-a-glance

50+ Sports & Fitness Program



50+
Sports
& Fitness
Program

Multigenerational Sports and Fitness

880-2800

C&M = Compete and Meet Games **page 12**
Abq 50+ = Albuquerque 50+ Games **page 14**
PDFC = Palo Duro Fitness Center
LVFC = Los Volcanes Fitness Center
NDBF = North Domingo Baca Fitness Center



September

Fitness Hiking
 Mon, Apr–Oct **PDFC**
 Fri, Sept 7–28 (Hiking 101)
 Every other Wed, Apr–Oct **LVFC, NDBF**

Outdoor Pickleball Doubles Tournament **C&M**
 Sat–Sun, Sept 22–23

Walk About Albuquerque,
 Session 3, Tues, Sept 4–Oct 16

Walk About Albuquerque Too!
 Session 3, Thurs, Sept 6–Oct 18

October

Fitness Hiking
 Mon, Apr–Oct **PDFC**
 Every other Wed, Apr–Oct **LVFC, NDBF**

BFit2Ski,
 Session 1, Oct–Nov

Bocce Competition **C&M**
 Sat–Sun, Oct 13–14

Bench Press Competition **C&M**
 Sat, Oct 27



November

BFit2Ski
 Session 2, Nov–Dec

December

Winter Trip registration begins

2011 December

Begin Winter Trip Registration



2012 January

Cross Country Intermediate Review Class
 Fri, Jan 6

Beginning Cross Country Lessons
 Tues, Jan 3

Downhill Slalom Lessons
 Tues, Jan 3, Thurs, Jan 5

Winter Sports Cross Country Skiing, Snowshoeing, Downhill Skiing, and Snowshoe 101
 Tues, Jan 10

Indoor Pickleball Doubles Tournament **C&M**
 Sat–Sun, Jan 14–15

Telemark Ski Lesson
 Wed, Jan 4

Red River Overnight Ski Trip
 Tues–Thurs, Jan 17–19

February

Winter Sports Cross Country Skiing, Snowshoeing, Downhill Skiing, and Snowshoe 101

Fantastic Freeze Fest Cross Country Skiing & Snowshoe Competition
 Wed, Feb 8

Fantastic Freeze Fest
 Ice Hockey Game
 Thurs, Feb 9

Fantastic Freeze Fest
 Downhill Skiing & Snowboard Competition
 Thurs, Feb 9

Kayaking Lessons
 Sat, Feb 18

Pagosa Springs Overnight Ski Trip
 Tue–Thurs, Feb 21–23

Valles Calderas National Preserve
 Cross Country Skiing & Snowshoe Trip
 TBA

March

Winter Sports Cross Country Skiing, Snowshoeing, and Downhill Skiing

Kayaking Lessons
 Sun, Mar 4

Cycling Workshop **ABQ 50+**
 Thurs, Mar 1

Table Tennis Workshop **ABQ 50+**
 Sat, Mar 24

Bowling Competition **ABQ 50+**
 Tues, Wed, Fri, Mar 6, 7, 9

8 Ball Pool Competition **ABQ 50+**
 Sat, Mar 10

Air Gun **ABQ 50+**
Workshop Sat, Mar 3
Competition Sat, Mar 17

Basketball Free Throw & 3 Point Competition **ABQ 50+**
 Sat, Mar 10

Shuffleboard Competition **ABQ 50+**
 Fri–Sat, Mar 23–24

Swimming Competition **ABQ 50+**
 Sat, Mar 31

Racquetball Competition **ABQ 50+**
 Thurs, Mar 22

Walk About Albuquerque
 Session 1, Tues, Mar 27–May 1

Walk About Albuquerque Too!
 Session 1, Thurs, Mar 22–Apr 26

Table Tennis Competition **ABQ 50+**
 Sat–Sun, Mar 24–25

April

Fitness Hiking
 Mon, Apr–Oct **PDFC**
 Every Fri, Apr 27–May 18 (Hiking 101)
 Every other Wed, Apr–Oct **LVFC, NDBF**

Huachas Competition **ABQ 50+**
 Sat, Apr 21

5K & 10K Road Race **ABQ 50+**
 Sat, Apr 21

Track & Field Workshop **ABQ 50+**
 Sun, Apr 15

Pickleball Competition **ABQ 50+**
 Fri–Sat, Apr 13–14

Talent & Dance Competition **ABQ 50+**
 Tues, Apr 17

Badminton Competition **ABQ 50+**
 Fri–Sat, Apr 27–28

Archery Competition **ABQ 50+**
 Sat, Apr 28



May

Fitness Hiking
 Mon, Apr–Oct **PDFC**
 Every Fri, Apr 27–May 18 (Hiking 101)
 Every other Wed, Apr–Oct **LVFC, NDBF**

Cycling Competition **ABQ 50+**
 Sat–Sun, May 12–13

Kayaking Lessons
 Sun, May 6

Walk About Albuquerque,
 Session 2, Thurs, May 10–Jun 14

Walk About Albuquerque Too!
 Session 2, Tues, May 8–June 12

Golf Competition **ABQ 50+**
 Thurs, May 10

Track & Field Competition **ABQ 50+**
 Sat, May 19

Tennis Competition **ABQ 50+**
 Sat–Sun, May 5–6

Horseshoe Competition **ABQ 50+**
 Sat, May 5

Kayaking Rio Grande Float Trip
 Mon, May 14



June

Fitness Hiking
 Mon, Apr–Oct **PDFC**
 Every other Wed, Apr–Oct **LVFC, NDBF**

Paddleboard Class
 Fri, June 22

July

Fitness Hiking
 Mon, Apr–Oct **PDFC**
 Every other Wed, Apr–Oct **LVFC, NDBF**

New Mexico Senior Olympics
 Wed–Sun, Jul 25–29

Paddleboard Class
 Fri, July 20

August

Fitness Hiking
 Mon, Apr–Oct **PDFC**
 Every other Wed, Apr–Oct **LVFC, NDBF**

Bench Press Competition **C&M**
 Sat, Aug 25

Paddleboard Class
 Fri, Aug 24